

# NATURAL HEALTH

BODY | BEAUTY | DIET | YOGA | THERAPIES | RETREATS

*Holistic solutions*

## HEAL YOUR BODY

THE LIFE-CHANGING  
THERAPY YOU MUST TRY

*New 16-page  
food section*

- WHAT TO EAT TO  
FEEL HAPPY
- NATURAL CURES:  
eczema, IBS, migraines,  
endometriosis
- "WHY I WENT  
GLUTEN-FREE"

GETAWAYS  
TO NOURISH  
THE SOUL

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YOGA KIT

HOW TO  
THINK YOUR  
WAY TRIM

10 WORST

E  
ZAPPERS\*

EXPERT ADVICE: BAREFOOT DOCTOR, DALE PINNOCK, NATASHA CORRETT,  
JO WOOD, JANEY LEE GRACE, IAN MARBER, LYNNE FRANKS





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## WELCOME...


I'm thrilled to welcome you to this very special edition of *Natural Health*. As regular readers will know, here at *NH* we're enthusiastic exponents of the full body cleanse (having tried a few ourselves) and this month, we've given the magazine a total detox all of its own! Just like your more typical health overhaul, we've had to put in the hard work, but – I think you'll agree – we've emerged sleeker, more radiant and buzzing with vitality! I really hope you love this first fresh-look issue. You'll find all your favourite regulars, plus lots of brilliant new additions, including our fantastic 16-page food section: *EAT natural\** – your complete guide to living healthily from the inside out. Enjoy!

### Ceri

**Ceri James** editor *Natural Health*

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## MEET THE TEAM



**DEPUTY EDITOR**  
**Allison Jacobs**

If you love food then you'll enjoy devouring our new *EAT natural\** section. It's packed with clean eating inspiration, plus the latest must-haves to hit the shelves.



**FEATURES WRITER**  
**Jessica Harris**

After interviewing Rose Marie Swift (on page 26), I can't wait to start snapping up her organic beauty products and seeing the difference natural ingredients make to my skin.







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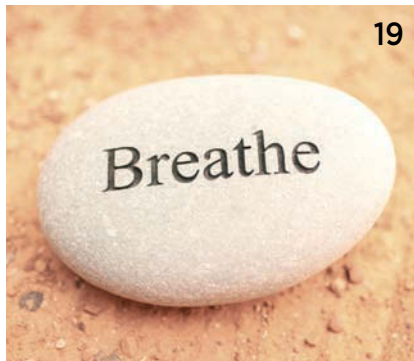
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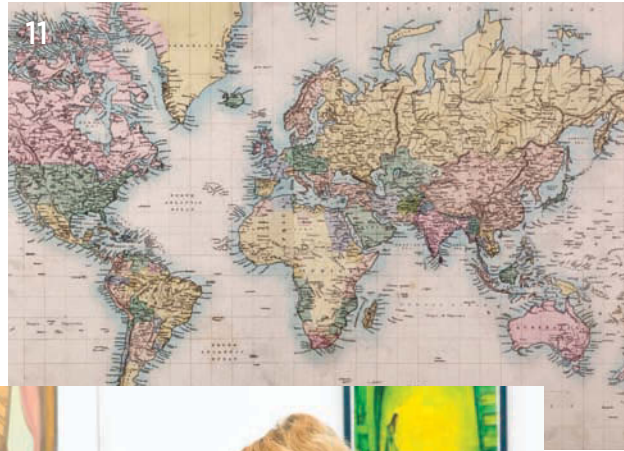




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## THIS MONTH'S OFFERS

99

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118

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### *Down under*

I LOVE your magazine, which I've been getting sent over here to Australia each month. Pity it's six weeks behind once I get it, but I'm old-fashioned and still prefer the paper version to reading it online. Thanks for putting together a great read that always has new and interesting information.

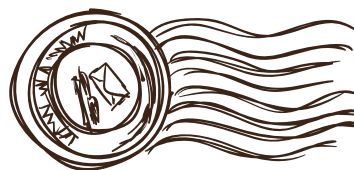
*Michell, via Facebook*



### *Home detox*

I loved reading Toxic Home Syndrome by Jayney Goddard (p98, April issue) last month. For years I've been driving family member mad by policing their kitchens for chemicals, urging them to swap their non-stick pans for stainless steel, and pointing out the BPA content of plastic packaging. To have the evidence laid out with easy, make-at-home alternatives was great – I recently spent a rainy Saturday with the kids mixing up natural cleaning products using ingredients from the cupboard and fridge – they loved it!

*Penny, via email*



## *Over to you...*

### THIS MONTH'S STAR LETTER

### *To the point*

I want to share my story with other readers in the hope that I can help someone. I suffered from horrendous eczema on my face during my teens. As you can imagine, this led to a mass of verbal abuse and a complete knock to my confidence. No doctor could help after many tests, dietary changes, patch testing, creams and other medication, so I turned to acupuncture. Although at first I really didn't know what it was all about, it changed my life. Many people don't really know or understand what it is, but it could solve their problems. To save others from suffering in silence with medical issues that doctors can't 'cure' per say, I would like to open peoples eyes to their options, and suggest they try this therapy.

*Alix, via Facebook*



### THIS MONTH'S STAR LETTER WINS...

*A gorgeous Narcissus smoothing body oil and a Narcissus body cream talc, worth £34.50, from natural Italian brand L'erbolario (erbolario.co.uk)*

**SEND US YOUR LETTERS:** Write to us at [letters@naturalhealthmagazine.co.uk](mailto:letters@naturalhealthmagazine.co.uk), tweet us: @natural\_mag and find us on Facebook at [facebook.com/naturalhealthmag](https://www.facebook.com/naturalhealthmag) for you chance to win our star letter prize!





# *This* MONTH

Think May, think bank holidays,  
think precious extra moments to  
boost your holistic health with our  
natural living tips...

## SPRING CLEAN

**Menopause** – a recent US study has identified a potential cause for its early onset: endocrine disrupting chemicals. EDCs are present in all sorts of common items, including foods, textiles, household products and cosmetics, and they're thought to alter the body's hormonal balance by replicating the activity of naturally-occurring oestrogen. The University of Colorado found that women with higher levels experienced menopause between 1.9 and 3.8 years earlier. Food for thought...



## STOCK UP

*Soap* – if it's not something you'd usually get excited about, we say you're using the wrong sort. Take that bar out of your supermarket basket and quick-click your way to [sedbergh-soap.co.uk](http://sedbergh-soap.co.uk). Not only does this family business have a feel-good back story (it came about as a way of diversifying at a working sheep and cattle farm in Cumbria), but its soaps are wonderfully-gentle, gorgeously-scented and totally free from nasties. They're perfect for presents but at only £4.95 each, why not just spoil yourself?





## DISCOVER

**Ayurveda** – it's the 5,000-year-old Indian healing system that tells us we each have a unique body type (our 'dosha'), but is it still relevant in today's go-faster world? You bet your iPad it is, says respected wellbeing journalist Emine Ali Rushton. Her new book, *The Body Balance Diet*, published on 16th April, promises to decode the ancient plan for modern living. She explains that ayurveda teaches us to live in tune with the seasons and understand that food affects every aspect of our health. Our copy's already on order. Take a look at [balanceplan.co.uk](http://balanceplan.co.uk) to find out more.



## ESCAPE

*Yoga* – when it comes to mind-body therapy, nothing beats it. Dose up on this health-boosting practice on 31st May at One-Day Retreats' Yoga & Self Help event in beautiful Hungerford. Spend the morning learning how to prevent and relieve physical and emotional ailments, from period pain to stress, with an introduction to yoga as therapy. Then after lunch (every bite vegetarian, homegrown and organic), get a taste of the ancient art of Jin Shin Jyutsu, a style of acupressure described as an effective form of self help. Sign us up! Head to [onedayretreats.co.uk](http://onedayretreats.co.uk) for further info.



# The latest in NATURAL HEALTH

## Homeopathy ABC

Mani Norland, Principal at the School of Homeopathy ([homeopathyschool.com](http://homeopathyschool.com)) says:

**A** is for Arnica  
#1 remedy for  
accidents and shock

Arnica is employed for bruising and swelling after accidents and also after shock (including bad news). It can be used to relieve pain caused by operations and sports injuries. Arnica is especially effective in treating patients who bruise easily, even from the slightest knock.



## WELLNESS WARRIOR

Let us introduce you to Nadia Narain, one of the country's most respected yoga teachers

**NH:** What got you into yoga?

**NN:** A friend took me to my first class at her home in LA and I was hooked. I was feeling a bit lost at the time and I can only describe it as feeling as if I was "home".

**NH:** What's the best thing about your job?

**NN:** It helps people and that I wake up every day enjoying what I do.

**NH:** What's been your career highlight?

**NN:** It's amazing when I take a retreat and people tell me it's been life changing. Helping a mother through labour or someone through a rough patch is incredible, too.

**NH:** What's your favourite asana?

**NN:** I like to keep things simple and Triangle Pose always feels good. I also like Down Dog and a nice Supine Twist.

**NH:** What's your yoga must-have product?

**NN:** I love my jade yoga mat and my Peace, Love, Hope, Joy candles (£28 from [nadianarain.com](http://nadianarain.com)) which I created for my clients.





## Health hacks

### LITTLE WAYS TO MAKE YOUR MONTH HEALTHIER

#### Eat organic strawberries

These summer faves are more likely to contain pesticides than any other type of food says the European Food Safety Authority

cardiovascular profile, respiratory health and mental disposition, according to the University of East Anglia.

#### Sleep tight

Seven to nine hours is the recommended duration for adults aged between 26 and 64 years, reports the National Sleep Foundation. Early night?

#### Step outside

Participating in an organised outdoor walking group may improve a person's



**"A FEELING OF 'AWE' CAN SERVE TO COUNTERACT DANGEROUS CHRONIC INFLAMMATION"**

– JAYNEY GODDARD P 28



*The Domestic Alchemist*  
by Pip Waller (Leaping  
Hare Press, £19.99)



## GREEN CLEANING

Domestic alchemist Pip Waller's recipe for herbal happiness at home

### *Rosemary & pine toilet cleaner*

**Makes:** about 500ml

**Keeps:** at least 1 year

- 1 small handful of rosemary leaves
- 1 large handful of pine needles, removed from the stems
- 500ml white or apple cider vinegar
- 50 drops rosemary essential oil (optional)
- 50 drops pine essential oil (optional)

Make an infused vinegar with the fresh rosemary and pine needles (Steep the herbs in 2-3 times the amount of vinegar. Let sit for 2-4 weeks in a cool, dark place, then strain through cloth). If desired, add the essential oils for a stronger odour. Pour a bucket of water down the toilet to force water out of the bowl. This will enable you to reach the sides more easily. Then pour the undiluted cleaner into the bowl and leave for 10-20 minutes. Scrub well with a toilet brush.

## Phys ed

Women who regularly engage in physical activity have higher oxygen availability in a region of the brain necessary for difficult cognitive tasks, according to a report in *Psychophysiology*

## Tomatoes

A daily glass of tomato juice may reduce waist size among healthy women by modulating a key marker of inflammation, so says a study in *Nutrition*

## Happy thoughts

Women who are satisfied with life have higher bone density and less osteoporosis, according to research published in *Psychosomatic Medicine*

## The BAROMETER

### *The night shift*

Rotating night shift work raises the odds of deaths due to all causes, plus cardiovascular disease and lung cancer the *American Journal of Preventive Medicine* has reported



### *Road rage*

Researchers have uncovered a link between hypertension and living near a roadway according to findings in the *JAHA*

### *Cloudy days*

Low vit D levels not only increase a person's risk of stroke, but lower their health post-stroke, says the American Stroke Association conference



## SOUL GURU

*Intuitive coach Jules Williams (juleswilliams.com) shares his expert counsel*

**Q** I'm nearing 50 years old, happily married and have two wonderful grown-up children. I recently went through the menopause and maybe it's because of that but I'm feeling tearful and bereft much of the time. I would appreciate your spiritual and subconscious feedback.

Hayley, 49, Stretton

**A** All too often, much is made of the physical symptoms of going through the menopause, but less so regarding the emotional journey of this part of your life.

It's worth taking time to relate with yourself on two levels – motherhood and creation. Firstly write down three pages of stream of consciousness around your feelings of motherhood, mothering, creativity and creating. On a subconscious level, there is a void that occurs concerning those areas of your life and the physical withdrawal of that ability.

Secondly, search out an interest that involves creativity on some level and reassure yourself of purpose in engaging in that. Again, on a subconscious level, the emotional centre is struggling with issues of loss and self worth regarding the value of motherhood... This is deep rooted and makes no sense to your strong, independent feminine consciousness of present day. The affirmation "I embrace change and am now free to be me," will help.

“

The affirmation “I embrace change and am now free to be me” will help

”



## SUPP SPOT

*Fay Higginbotham at Solgar singles out supplements worth taking*



**With an increasing number of people developing brain function problems, most commonly memory loss, it is worth trying to protect your brain in order to stay sharp.**

Genetic factors play a role, but so do an inadequate or high sugar diet, high blood pressure, head injuries and exposure to compounds such as aluminium and mercury. In addition, homocysteine may play a part – this potentially harmful compound that the body makes can generally be kept in check by sufficient B12 and folic acid, but some people naturally make extra.

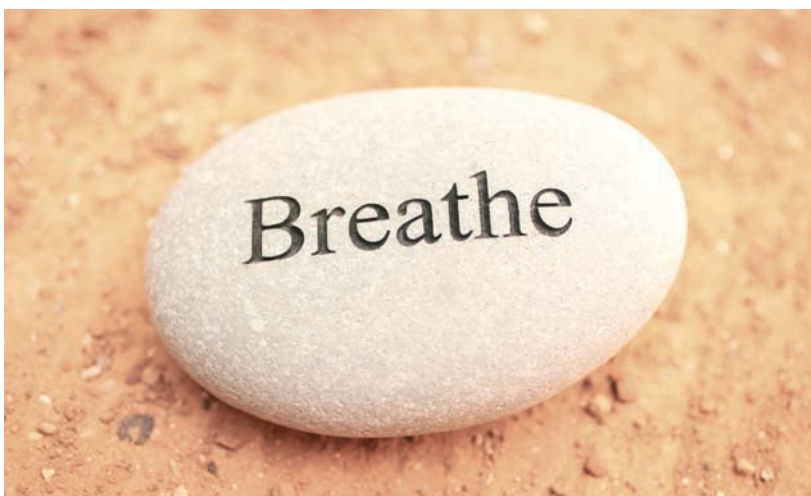
As always, diet is important, with the principles of the Mediterranean diet thought most supportive to good mental health (make sure you include oily fish). Try adding in cinnamon, walnuts, green tea and turmeric – all shown to support various aspects of brain health.

Physical and mental exercise is really important too, and consider taking a good multivitamin and mineral, which contains many nutrients that the brain uses. Research shows that supplements such as ginkgo, phosphatidylserine and/or acetyl carnitine can also be supportive.



## GREAT ESCAPE

Get your diary – you're booking in some 'me' time. Split Farthing Hall's wonderful women-only retreats are now also available in locations in Dorset and West Sussex. The course calendars for these new destinations include all the same options as those at the original Yorkshire bolt hole with the addition of fabulous wellbeing coach Claudia Jones. Find out more at [splitfarthinghall.co.uk](http://splitfarthinghall.co.uk)

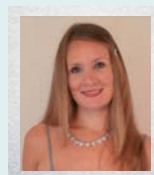


**"IF YOUR SUPPLEMENTS CONTAIN THINGS LIKE POLYETHYLENE GLYCOL, FORGET IT – PUT THEM BACK ON THE SHELF" – JO WOOD, P24**

## WHAT'S ALL THE FUSS ABOUT?

### Gluten-free skincare

One in every 100 people in the UK is thought to be intolerant to gluten in their diet and there's a school of thought that says the hydrolysed gluten in emulsifiers and stabilisers used in moisturisers, conditioners and lipsticks can cause additional irritation. Enter Jason's free-from range, which includes body wash, lotion, shampoo and conditioner. Products are priced from £5.99 at [jasonnaturalcare.co.uk](http://jasonnaturalcare.co.uk)



## THERAPY FOCUS

Practitioner Liz Alexander  
([lizalexander.co.uk](http://lizalexander.co.uk))  
explains ThetaHealing:

Lack of confidence can cause all sorts of emotional challenges when it comes to achieving your goals in life. ThetaHealing is a meditation-based form of counselling which works on a subconscious level to identify and release negative emotional attachments to traumatic events that have resulted in feelings of depression or low self-esteem. It promises instant emotional healing by breaking toxic patterns, giving you the freedom you're looking for.

## Psst...

Here's a web page we think you'll want to casually leave open: [manorganic.com](http://manorganic.com). This great site brings together a brilliant selection of natural and organic male grooming products in one handy place, from skin and body care to shaving and hair products. You're welcome.

# harness the power of aromatherapy



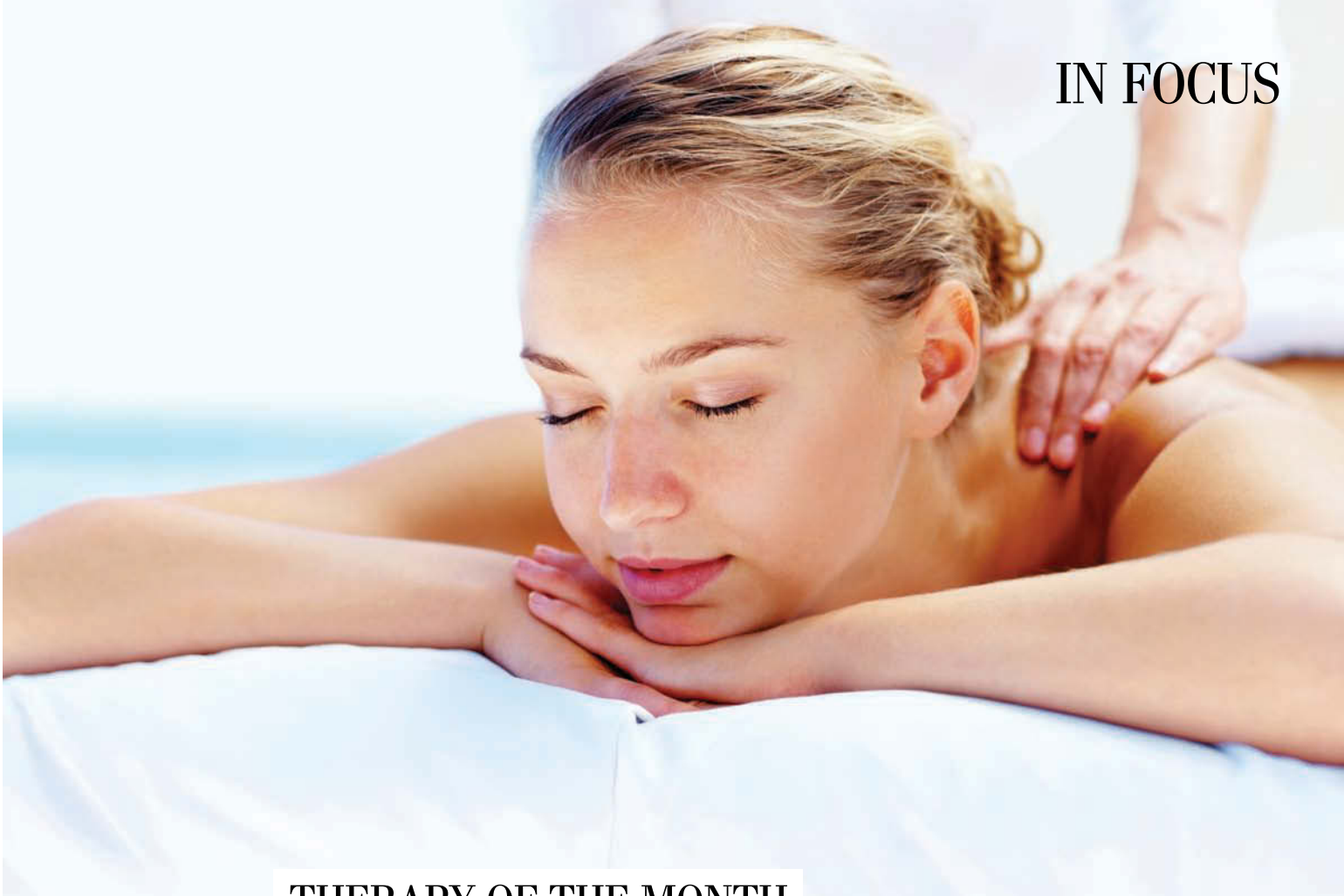
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## THERAPY OF THE MONTH

# Craniosacral therapy

There's a wonderful world of alternative therapies out there just waiting to be discovered. This month, we shine the spotlight on craniosacral

***This is a very gentle, soothing and relaxing treatment*** which anyone can have as it involves such a soft, light touch. The theory behind it is that we all have a subtle rhythmic motion within us, which is a reflection of our own natural life force. Craniosacral therapists sometimes call it the breath of life. This rhythm, or breath, reflects our vitality, and determines our wellbeing. Everything that happens to us in our life – injury, trauma or stress – can disturb this fluent rhythm.

By placing their hands very gently on a patient's body, craniosacral therapists 'feel' this flow and any restrictions it may have. By tuning in to these disturbances, the therapist can address them, re-establishing a calm and balanced state.

Therapists also believe that a restriction of movement where the bones of the skull meet interferes with the flow of the fluid surrounding the brain and spinal cord (the cerebrospinal fluid). They use careful pressure and gentle manipulation to ease this restriction. To find a registered practitioner, visit [craniosacral.co.uk](http://craniosacral.co.uk)

## ON TRIAL

**Deputy editor Allison had craniosacral therapy**

As I lay fully-clothed on the couch, my therapist asked me my medical history (migraines), current wellbeing (good) and placed her hands at various points around my body. After a few minutes, I took the deepest breath ever – it was like my lungs fully inflated for the first time. She explained that my fascia had been constricting my lungs, possibly since birth. I hadn't realised how tight they had felt, let alone mentioned it to my her. Amazing! To book, visit [nelsonsparmacy.com](http://nelsonsparmacy.com)



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*Customers  
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samples as  
if they were  
espresso at  
dawn*

## *NH's talking about:* BONE BROTH

***When word of a new health food trend*** comes our way, more often

than not we brace ourselves for an exotic-sounding ingredient that's complicated to prepare and even

worse to eat. One of this year's favourites however is an oldie (and a goodie): bone broth. It may be as old as the hills, but bone broth is back on the health food map thanks to New York chef Marco Canora. After he opened a takeaway venue outside his East Village restaurant selling chicken, beef and turkey broths with bone marrow, ginger juice and roasted garlic purée late last year, broth fever swept the States. Served in a small paper cup, customers downed samples as if they were espresso at dawn and customised them with fresh grated turmeric and

**Move over kale smoothie –  
there's a new health elixir in town  
and it's dividing opinion**

chilli oil. Before long, bone broth's popularity spread to the paleo-loving foodies of LA before moving east across the pond here to Britain earlier this year. So what's the big deal? Basically a glorified stock, slow-cooking the bones of your chosen carcass for up to 14 hours causes the bones and ligaments to release proteins, vitamins, minerals, keratin and collagen (no wonder the models at New York Fashion Week were guzzling it by the cup-load). Now well known for its anti-inflammatory properties, this super broth can also settle the stomach, calm nerves, boost the immune system and even aid cellulite. Our verdict? A cost-effective food fad that we can all get on board with. We'll drink to that!



**Using a wet wipe before bed is part of many women's skin care regime, cleaning our faces of makeup, fumes and grime from the day.**

But what if that trusted square of material actually wiped on to your skin more than it was wiping off.....?

...harsh chemicals such as: MI, formaldehyde releasing preservatives, foaming agents, parabens and synthetic fragrances, chemicals which have been linked to irritation and classified as "of concern" by dermatologists who fear they may be the cause of a rise in allergies.

Responding to these concerns, Natracare has developed Certified Organic Cleansing Make-Up Removal Wipes. Infused with the organic essential oils of almond, apricot and chamomile, they gently and effectively remove waterproof mascara and lipstick, leaving skin cleansed moisturised and refreshed.



**COSMOS  
ORGANIC**

[natracare.com](http://natracare.com) #keepingitclean

# natracare



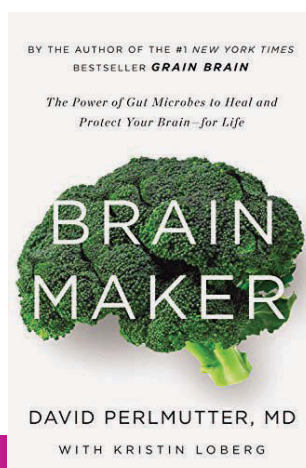
# HEALTHY *Reads*

We cherry-pick six books worth buying this month...

## BRAIN MAKER

by David Perlmutter, £9.79,  
[amazon.co.uk](https://www.amazon.co.uk)

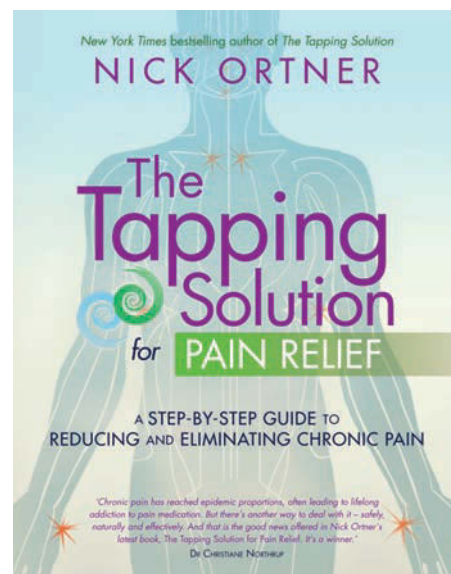
With brain disorders on the rise in the old and the young, Perlmutter explains the connection between intestinal microbes and the brain, sharing simple dietary tips and a highly practical programme of six steps to improve gut ecology. Released 7th May.



## MY NEW ROOTS

by Sarah Britton,  
£13.60, [amazon.co.uk](https://www.amazon.co.uk)

Britton's cookbook is an extension of her hugely popular healthy eating blog of the same name. The ingredients are 100 percent natural and there are dairy, sugar and gluten-free recipes and low carb and alkaline dishes, too.



## THE TAPPING SOLUTION FOR PAIN RELIEF

by Nick Ortner,  
£13.49,  
[hayhouse.co.uk](https://www.hayhouse.co.uk)

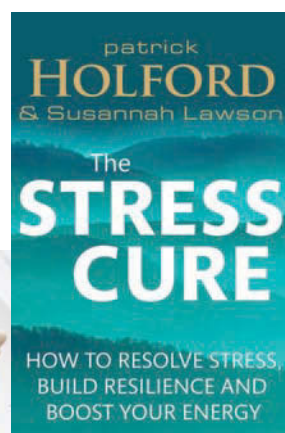
Ortner explores topics you might not associate with pain such as personal boundaries, toxic relationships, working through anger and a step-by-step plan to reduce discomfort.



## DO YOUR OM THING

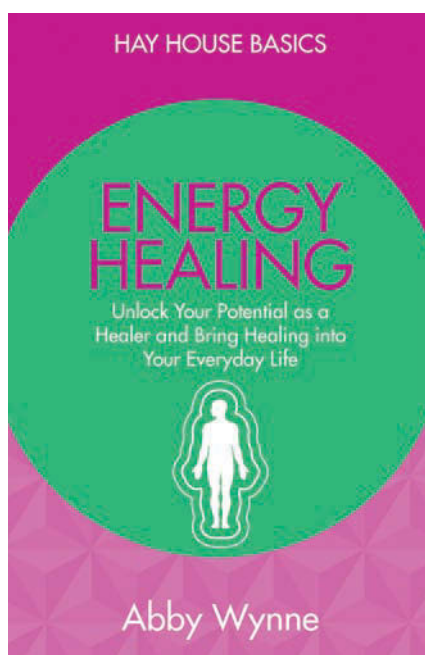
by Rebecca Pacheco,  
£16.99, [amazon.co.uk](https://www.amazon.co.uk)

Master yoga teacher and popular blogger Pacheco explores the traditional practice of yoga from the eight limbs to the five koshas to the seven chakras in a great contemporary way.



## THE STRESS CURE

by Patrick Holford, £14.99, [patrickholford.com](https://www.patrickholford.com)  
Patrick Holford and Susannah Lawson teach you how to resolve stress, build resilience and boost your energy through nutrition, quality sleep and mindful practices.



## ENERGY HEALING

by Abby Wynne, £8.99,  
[hayhouse.co.uk](https://www.hayhouse.co.uk)

Energy healer and psychotherapist Wynne explains how you can centre yourself, bring healing into your everyday life and even help your loved ones using all sorts of different exercises and techniques.

## Rosie Marie Swift

“We **NEED** to put **LIFE** back into our **SKIN**”

As make-up artist to some of the world's most famous faces, she took a gamble when she spoke out against the harmful products she was using. She tells us why her organic line is now filling the cabinets of supermodels and actresses everywhere...

*I wanted to create a product with more life in it and that meant using living ingredients like coconut oil.*

*Conventional make-up contains so much alcohol that there's no life-force in the skin any more. I began putting natural body oils on the models instead of petroleum-based products like Vaseline and they all commented on how smooth their skin felt.*

*I started to get really sick and couldn't figure out why.* After taking hair and nail analysis, the first question the lab asked was if I worked in the cosmetics industry – apparently I had a lot of chemicals in my body. After doing some research, I discovered these weren't just in cosmetics, they were everywhere! They were in water, food and cleaning products, so feeling unwell was the result of a number of factors, but the cosmetic industry was definitely a big contributor.

*There's a new generation of younger people who are very aware of their health* and the harmful things out there. My generation used to be very different – most of us didn't know. These products were all very new and they didn't bother us, but now we need to put the life back into our skin.

*There are so many harmful ingredients it's difficult to list them all*, but if you go on my website ([beautytruth.com](http://beautytruth.com)) there's further info. At the top of my 'naughty' list would be nail polishes and fragrances. We want to believe that those beautiful scents come from organic rose petals, but perfumes are loaded with around 500 chemicals to achieve that scent. Sun creams (especially waterproof types) are also laden with harmful toxins, so try to find an organic one if possible.

*At the beginning, it was really tough.* Organic make-up colour ranges were 'earthy'; the texture

wasn't the same as regular make-up. The packaging was very basic and clinical too, so that was one of the first things I was conscious of when creating my own line.

*I worked on the formula with a chemist friend of mine who works at a paint factory.* I was able to tell her exactly what to put in because I'd done so much research. I realised that ingredients like coconut oil are often refined and stripped down for commercial use, but I wanted to keep everything as raw as possible.

*Miranda Kerr and Gisele Bundchen are two of my best friends.* It's a massive help for me that they're starting to speak up about organic beauty – for years they were too nervous that they'd lose work. Gisele was one of the first that said I could use her name because she uses RMS and although Miranda has her own brand (Kora Organics) she's hugely supportive, too.

*If you want to start using organic beauty products, start with one that takes off make-up* and you'll see a big difference in how the skin feels. Don't be tempted to use wipes as they're the absolute worse – they're full of alcohol and nasties. This year we're launching coconut oil make-up remover wipes (that are really nourishing), a new make-up brush, eye shadows, lipsticks, and a coloured powder.



## *Rose-Marie's*

### **TIPS**

#### ***Trampolines***

Great for the lymphatic system and forcing chemicals out of the body.

#### ***Dry brushing***

Boosts circulation!  
Always stroke towards the heart.

#### ***Raw and fermented foods***


Very important for enzyme replacement.

#### ***Eat early***

Why? Your enzymes go into sleep mode at night and giving them food makes your liver work overtime.

#### ***Water***

To beat dehydration and flush out chemicals.



“ I began putting  
natural *body oils* on  
the models ”

# DO YOU NEED THE WOW FACTOR?

Experiencing a sense of awe and wonder can have  
surprising and miraculous health benefits,  
says *Jayney Goddard*



*I often talk about the deleterious effects* of uncontrolled, chronic inflammation on our health and wellbeing – it underpins every long-standing condition, including many cancers, heart and cardio-vascular disease, type 2 diabetes (and the complications of poorly-controlled type 1 diabetes), depression, neurological conditions including dementia, Alzheimer's and Parkinson's, kidney disease and more. In fact, chronic inflammation correlates with every illness that we associate with ageing. If you read my column regularly you'll know that I always try to provide helpful solutions to reducing your chronic inflammatory status – by making healthy lifestyle choices to get it under control and even eliminate it completely. These choices include eating a healthy diet and taking appropriate exercise, and employing stress management techniques such as mindfulness meditation. This being said, I was fascinated to read a recent and rather surprising study from the University of California at Berkeley where their researchers discovered that a feeling of 'awe' can also serve to counteract dangerous chronic inflammation. I say that this is a surprising study because I believe that we all instinctively know that good feelings make us feel better and probably make us healthier too – and now the research exists to support this idea.

The kinds of awe that the researchers studied included people's responses to nature and beauty – for example, views of the Grand Canyon, listening to Schubert's Ave Maria, walking through a beautiful forest and viewing great works of art like the Sistine Chapel. These 'awesome' stimuli provoked positive

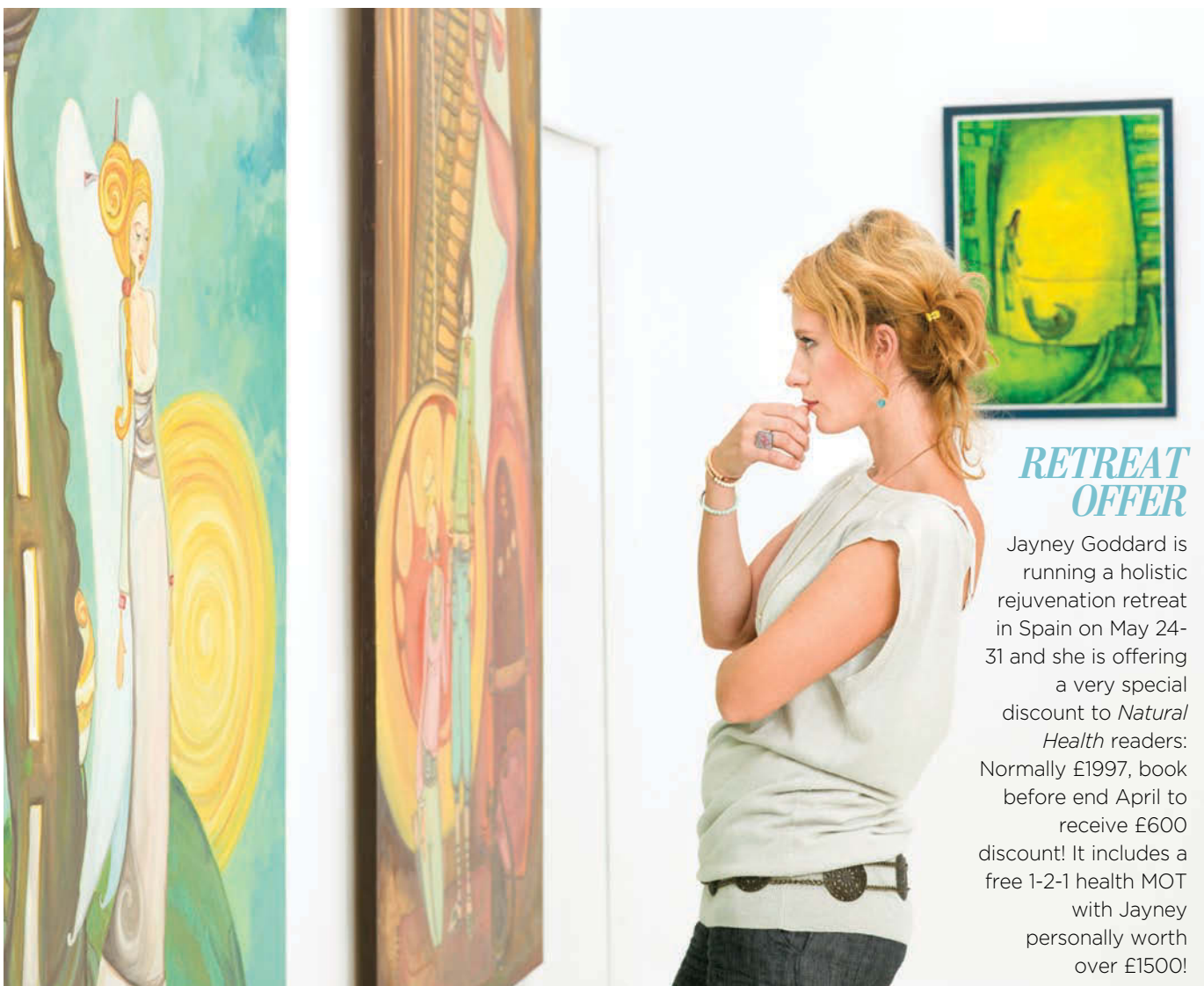
emotional responses in the people being studied – and this led to them producing lower levels of pro-inflammatory cytokines – the hormonal messengers which 'tell' our bodies to ramp up our inflammatory response so that our immune systems work harder. The lead researcher on this study Dr. Jennifer Stellar summed it up: "Our findings demonstrate that positive emotions are associated with the markers of good health."

## INFLAMMATION OVERLOAD

Cytokines are necessary for launching a protective response and they swiftly direct cells to our body's battlegrounds in order to fight infection, disease and trauma. Under normal circumstances this is helpful and actually life-saving. Chronically high levels of pro-inflammatory cytokines are associated with poorer health; physically and mentally as discussed above, however we have only recently discovered that elevated cytokines also have a negative effect on us emotionally. In fact, elevated pro-inflammatory cytokines have been tied to depression. One recent study found that depressed patients had higher levels of the cytokine known as TNF-alpha than their non-depressed counterparts. It is currently believed that by signalling the brain to produce inflammatory molecules, these cytokines can block key hormones and neurotransmitters – such as serotonin and dopamine – that control moods, appetite, sleep and memory.

While we've known for a long time that a healthy diet, adequate sleep and healthy exercise bolster our body's defences against physical and mental illnesses, the Berkeley study on the





## RETREAT OFFER

Jayne Goddard is running a holistic rejuvenation retreat in Spain on May 24-31 and she is offering a very special discount to *Natural Health* readers: Normally £1997, book before end April to receive £600 discount! It includes a free 1-2-1 health MOT with Jayney personally worth over £1500!

effects of a sense of awe and whose findings were just published in the journal *Emotion*, is one of the first to look at the role of positive emotions in the context of total wellbeing.

One of the study's co-authors, Dr. Dacher Keltner explained: "That awe, wonder and beauty promote healthier levels of cytokines suggests that the things we do to experience these emotions – a walk in nature, losing oneself in music, beholding art – has a direct influence upon health and life expectancy."

Two separate experiments were conducted in which over 200 young adults reported on a given day the extent to which they had experienced positive emotions such as amusement, awe, compassion, contentment, joy, love and pride. Oral mucosal transudate (swab samples of gum and inner cheek tissue) which were taken that same day showed that those people who experienced more of these positive emotions, especially awe, wonder and amazement, had the lowest levels of the cytokine, Interleukin 6 (IL6), which is a marker of inflammation.

“  
These *emotions*  
have a *direct*  
influence upon  
our *health*  
”

In answer to why awe would be a potent predictor of reduced pro-inflammatory cytokines, this latest study suggests that "awe is associated with curiosity and a desire to explore, suggesting antithetical behavioural responses to those found during inflammation, where people withdraw from others in their environment," Stellar said.

## CHICKEN OR EGG

As for which came first – the low pro-inflammatory cytokines or the positive feelings – we can't be sure. Overall, the 'take-home' message from all of this is that we all need to get out into nature, look at art, listen to beautiful music and take the time to truly and deeply nurture ourselves –

as well as eating well, meditating, getting enough sleep and exercising. If we can do this, we'll be awesome!

Jayne Goddard is president of The Complementary Medical Association. Visit [the-cma.org.uk](http://the-cma.org.uk)

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## MUST-BUYS

**1** Helly Hansen Aspire Jacket, £90, [hellyhansen.com](http://hellyhansen.com)

**2** Nurse Jamie Vitamin B12 energy shot, £12, [harrods.com](http://harrods.com)

**3** Terry Naturally Curamin Stop Pain Now Extra Strength, £24.99, [healthmonthly.co.uk](http://healthmonthly.co.uk)

**4** Maximus Pro Folding Rebounder, £189, [maximuslife.co.uk](http://maximuslife.co.uk)

**5** Fitbit Charge, £99.99, John Lewis

**6** Prana Roxanne Capri, orange pixel, £55, [yogamatters.com](http://yogamatters.com)

**7** Beefayre Hyacinth large scented candle, £16.50, [beefayre.com](http://beefayre.com)

**8** Lava Shells Home Care Kit, £39, [sharedbeautysecrets.com](http://sharedbeautysecrets.com)

**EASY TANK** Easy Tank in Celery, £35

**EASY LEGGINGS** Easy Leggings in Landscape Print Celery, £65 [wellicious.com](http://wellicious.com)

# SHOP YOURSELF HEALTHY

Everything you need in your life on one page

**1 LET'S GO OUTSIDE** Don't let spring rain spoil your outdoor exercise – numerous studies have shown that working out in nature brings a whole host of benefits you just don't get by staying inside. This lightweight, quick-dry fabric shields you from the elements and has a gorgeous feminine print. Helly Hansen Aspire Jacket, £90, [hellyhansen.com](http://hellyhansen.com)

**2 AMP IT UP** Ditch caffeine and wave goodbye to energy crashes with this vitamin B12 shot, vital for protein synthesis, red blood cell maintenance and fatigue relief. Nurse Jamie Vitamin B12 energy shot, £12, [harrods.com](http://harrods.com)

**3 BEAT PAIN** A unique combination, this formula combines ingredients with multiple mechanisms of action to support a healthy inflammation response and relieve occasional muscle pain due to exercise and overuse. Terry Naturally Curamin Stop Pain Now Extra Strength, £24.99, [healthmonthly.co.uk](http://healthmonthly.co.uk)

**4 TAKE THE RUBBISH OUT** Not only is bouncing on a rebounder heaps of fun, it boosts lymphatic drainage, too. The lymphatic system is a big part of the body's waste disposal function, but it relies completely on our movement to work properly and flush out those nasties. It runs in a vertical direction in the body, and therefore the up and down movement of rebounding is one of the very best exercises

you can do to show your lymph some love. Maximus Pro Folding Rebounder, £189, [maximuslife.co.uk](http://maximuslife.co.uk)

**5 WALK THE WALK** Making sure you get the recommended 10,000 steps a day has never been easier. But this high-performance wristband is a lot more than a pedometer. Sync it to your phone via the Fitbit app and you can keep track of a whole heap of health stats, including sleep duration and quality. The Fitbit Charge, £99.99, John Lewis

**6 BE A STYLE QUEEN** Rock this super-cool, eye-scrambling pixelated print at your next yoga class and you're guaranteed to turn heads. We love throwing shapes in these comfy pants which are bang on trend in the style department, and feature a flattering wide waistband. Prana Roxanne Capri, orange pixel, £55, [yogamatters.com](http://yogamatters.com)

**7 GET BUZZING** Bring the wonderful fresh scent of spring right into your home with this gorgeous new candle made from 100 percent natural plant wax. Beefayre Hyacinth large scented candle, £16.50, [beefayre.com](http://beefayre.com)

**8 TURN UP THE HEAT** Fancy a hot lava shell massage, but can't face dragging yourself to one of the 2,000 UK spas that offer the service? Enter this handy kit which comes with a self-heating shell, plus massage oil. Lava Shells Home Care Kit, £39, [sharedbeautysecrets.com](http://sharedbeautysecrets.com)

# Beauty in Purity from head to toe



Nahrin use pure, herb based ingredients. Take **Nahrin's Mallow Shampoo**, it is gentle and therefore ideal for delicate hair and frequent use. **Wheat proteins** give it hydro-balancing and anti-break benefits. **Free** from **chemical preservatives, sodium sulphates** and **sodium lauryl sulphate**. **Nahrin's Foot Cream** with **sweet almond oil, precious extracts** and **essential oils** reduces **calluses** and leaves your feet feeling light and fresh. Both these products are **paraben free**. Nahrin does not test on animals. See the full range of Nahrin Swiss bodycare and aromatherapy products by visiting [www.justuk.net](http://www.justuk.net).

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& AROMATHERAPY





Jo Wood

# Can you TRUST your supplements?

Our green guru says know what's in the pills you're taking

*Given that you are reading this magazine,* we can assume that you are into your health and wellbeing. We can also assume that like me, you most probably take supplements and vitamins. As we grow older our bodies slow down in their ability to fully absorb the nutrients we put into our systems. This means we need to somehow supplement this falling quality in nutrient ingestion. The answer is to take vitamins.

As with most sectors, in the health and nutrition industry there are good and bad products on the market, so it's important to know that you are getting the right stuff with the right qualities. To avoid buying junk, getting your vitamins and supplements from your naturopath or from a good health food shop is the best way to guarantee a good product. The assurance that you are buying the right products is becoming more and more important. A recent article in the *New York Times* explored the vitamin sector and unearthed some quite revealing, even frightening findings.

The New York Attorney General published a paper that suggested tests on popular brands of herbal supplements at leading outlets including Walmart, Walgreens, Target and GNC revealed that roughly four out of five products contained NONE of the listed herbs on the labels. That's none, as in zero, zilch, zip. In fact they contained little more than cheap fillers like rice, which were of no nutritional value. In some products claiming to have ginkgo biloba the agency found only rice, asparagus and spruce. Other products claiming to be St. John's wort and valerian were found to contain powdered beans, peas and wild carrots. Insanity. Although herbal trade and education organisations immediately criticised the Attorney General's actions as premature, calling the testing flawed, scientifically-inappropriate, and inconsistent with the FDA's requirements for herbal product quality control, it does raise the importance of knowing exactly what's in the pill you are popping.

You may say "but that is America," but are our herbal supplements any better? Do we have adequate monitoring of the supplements sold over the counter here in the UK?

Some of the vitamins we are sold may boast that they don't have any chemicals in them but I know there are brands out there that have no quality nutritional value in them at all. Call me a cynic, but given it's a £400 million industry in the UK we're talking about – there are bound to be companies out there looking to expand their profit growth for their pockets and their shareholders, so there are bound to be shortcuts made.

## BUY THE BEST

**So when buying your supplements and vitamins try to buy organic not synthetic. They may be more expensive but they work. The general rule I work to is that if a big bottle is less than £12, it's synthetic.**



“Some ingredients are banned in other countries due to toxicity”

You just have to look at the label. If they contain things like polyvinyl alcohol or polyethylene glycol, they are synthetic, so put them back on the shelf. As a grandmother of 10, I started looking into the kids' vitamins. You'd assume that a multi-vitamin for kids would contain only good stuff. Wrong. Some of the ingredients used in more popular brands are banned from many countries due to their toxicity on humans and the environment. The children eating these things would be better throwing them in the bin.

Again, with the battles against big business it's a matter of us making a change happen with the power of our wallets. If we stop buying shoddy products, they'll stop making them. If we pay more attention, they will have to pay more attention. We control the change so let's get to work.

# GOODBYE PMS

**70%** Less Anxiety  
**69%** Less Bloating  
**59%** Less Cravings



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KRILL OIL FOR WOMEN

**PMS**  
AWARENESS  
**2015**

## Win a Year's Supply!

To celebrate the launch of our PMS Awareness campaign we're giving away a year's supply of **Cleanmarine Krill Oil for Women** to six lucky readers.

Enter now and take control of your symptoms - visit [cleanmarinekrill.co.uk](http://cleanmarinekrill.co.uk)

**All entrants will receive a free copy of our 16-page PMS guide!**

There are 6 prizes of 12 x Cleanmarine for Women. Winners will be chosen at random from all entries received. There is no cash alternative for the prize. Management's decision is final. UK entries only. Competition ends 31.5.15. Winners will be notified within 5 working days. Competition run by Savant Distribution, LS16 6QE.

\*Vitamin B2 contributes to the reduction of tiredness and fatigue, and the maintenance of normal skin. Vitamin B6 contributes to the regulation of hormonal activity. See [www.cleanmarinekrill.co.uk](http://www.cleanmarinekrill.co.uk) for study details.





# ASK THE EXPERTS

Don't suffer in silence – our wellbeing wonder-team of experts is on hand to answer your health questions

## *How can I stop things becoming predictable in the bedroom when I've been married for over 20 years?*

Samantha Evans, sex therapist and founder of [jodivine.com](http://jodivine.com) says:

A good sex life at any age isn't just about the physical act of sex, but also intimacy. If your sex life is flagging or no longer hits the spot, try these tips to reignite that flame and start enjoying even better sex...

### TALK TO EACH OTHER

Communicating your worries, desires and thoughts is important as bodies and feelings change over time. Tell each other what you really do and don't like; most men welcome some guidance on what they should be doing.

### EXPERIMENT

If sex at bedtime is a turn off, try having sex at a different time of day. Afternoon sex can feel really naughty whereas early morning sex can wake you up and keep you smiling for the rest of the day.

### BE CONFIDENT

The way you look is very sexy. Invest in some new lingerie and shed your inhibitions; remember, your partner loves you for you. Having a good sex life can make you feel happier and healthier, whatever your age.

## *Is there a natural remedy for imbalanced hormones during PMS?*

Susie Perry Debye, nutritional therapist and author of **Premenstrual Syndrome: The Essential Guide** says:

There are a few key natural remedies that are known to help with hormone balance. Women with PMS tend to have low levels of vitamin B6, omega 3 fats and magnesium, so supplementing with these can be very helpful. Supplementing with omega 3 helps to tip the body back into balance and diffuses PMS symptoms such as breast pain, water retention, headaches and mood swings. A recent study showed that women who used krill oil experienced an average of 69 percent improvement in their PMS symptoms thanks to its added ingredients.

## *What exactly does an osteopath do?*

Gerry Gajadharsingh DO qualified from the **British School of Osteopathy** says:

You might be surprised to learn that osteopathy is simply a philosophy of healthcare practiced by osteopaths, which can be applied to a wide variety of health conditions – some of which may not be immediately obvious to the patient. A skilled osteopath will often incorporate diagnostic testing, imaging and laboratory investigations to complement their detailed case history and clinical examination in order to help explore the likelihood of problems affecting the three systems of the body/mind continuum, susceptible to functional disturbance. For example, simple problems such as a sprained joint may affect just the physical system, when manual treatment will suffice but something more complex such as fatigue may affect all three and therefore treatment should be directed appropriately.

## *How can essences help with my insomnia?*

Catherine Keattch, vibrational essence practitioner, healer, and teacher ([crystalherbs.com](http://crystalherbs.com)) says:

In any situation where we are experiencing a lack of balance within ourselves, the first step is to determine what is causing the disturbance. A common reason for insomnia is a busy brain due to our hectic lifestyles. In this situation, Dr Bach's White Chestnut will help to quieten the mind and relax the body. If the problem is an underlying anxiety, I would recommend Mimulus to help put things in perspective. Fearful dreams can also fuel restless sleep but Mimulus, White Chestnut, Rock Rose and Aspen would help to ease this problem and calm the consciousness. Re-setting the body's sleep cycle can make a huge difference. For a deeper -acting remedy than those mentioned above, I recommend the Sleep Natural Rest combo – a powerful mix of Forget-me-not, Morning Glory, Passionflower, Soapstone and Quartz Amethyst.

# Let us take a load off your shoulders...

Whether you're an athlete or gym-goer, busy professional or someone who just wants to feel the benefits of holistic treatment, simply visit the FHT's Complementary Healthcare Therapist Register, which has been accredited by the Professional Standards Authority for Health and Social Care - a mark of quality!

With over 50 years' experience, the FHT can put you in touch with qualified and registered local therapists.

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✉ [info@fht.org.uk](mailto:info@fht.org.uk)





# Body

*Easy ways to look and feel amazing inside and out*

*The couple that works out together, stays together. Or so the saying goes. But new research led by the Johns Hopkins Bloomberg School of Public Health has found that your **exercise regime** isn't just good for you; it may also be good for your spouse. Results from a recent study showed that if one spouse improves his or her exercise routine, the other is significantly more likely to follow suit.*

*Bike ride anyone?*

# The latest in PHYSICAL HEALTH

## GET WALKING!

**Walking is our most natural form of exercise. It clears the mind, improves mood, and can help cut cravings.**

Walking also produces a figure-of-eight movement through the spine, with its middle creating a supportive massage across the adrenal gland area. This gives a de-stressing rhythmic motion through the lower back, abdominal muscles and organs: the opposite to the rigidity caused by sitting in one position on a chair after an hour. Ten thousand steps (2 miles) a day is a basic requirement.

Taken from *The De-stress effect* by Charlotte Watts (£12.99, Hay House)



## WHAT'S THE ALTERNATIVE? *Restless leg syndrome*

People with RLS often find the feeling difficult to describe. Some report a crawling sensation, or like electricity running through the legs, others say it's like having itchy bones or twitchy legs. But all agree it's a horrible experience. The most common medical treatment involves dopamine antagonists, but there are natural ways to help the condition...

**1** Iron supplementation can cure RLS if the cause is anaemia. Other supplements which have been shown to help in some cases are magnesium, vitamin D, folate and vitamin B12.

**2** A soak in a bath with Epsom salts helps the body absorb magnesium transdermally and relaxes the muscles.

**3** Kill those vices if you want a sound night's sleep – alcohol, tobacco and caffeine are all know how to make the symptoms of RLS worse.

**4** Try Halcyon bracelets, 100 percent copper and developed to help relieve symptoms. £19.95 a pair, [halcyonbracelets.com](http://halcyonbracelets.com)





## Hayfever hacks

BEAT THE DREADED SPRINGTIME SNIFFLES NATURALLY, SAYS A. VOGEL'S NUTRITIONAL THERAPIST ALISON CULLEN

- Fill your diet with anti-inflammatory foods including blueberries, carrots, sweet potatoes, avocados, herring, pilchards, sardines and salmon to help counter inflammation.
- Be wary of dairy as it can cause mucus production to shoot up. People prone to allergic reactions often struggle with dietary dairy so instead investigate the dairy-free offerings at your local health food store.
- Refined sugar triggers a rise and fall of blood sugar levels, which causes an adrenalin surge that triggers histamine release.
- Stock up on A.Vogel Pollinosan tablets, a natural remedy containing seven herbs for hayfever. £9.15, avogel.co.uk



THE NUMBER OF PEOPLE WITH DIABETES IS SET TO SOAR BY 55% IN 20 YEARS UNLESS HUMANS CHANGE THE WAY THEY EAT AND EXERCISE, SAY RESEARCHERS

## ADOPT A KITTEN!

Or a puppy. Or a nice old animal that doesn't ask for more than a little love. People with pets live longer, on average, than those without. And stroking a cat or petting a dog releases serotonin, your brain's happy chemical. Feng shui likes pets because they move energy – they keep a space alive. Find a shelter near you at [bluecross.org.uk](http://bluecross.org.uk) to give a pet a new loving home of its own.

From *The New Health Rules* by Frank Lipman and Danielle Claro (£13.29, Artisan)



## Folic acid

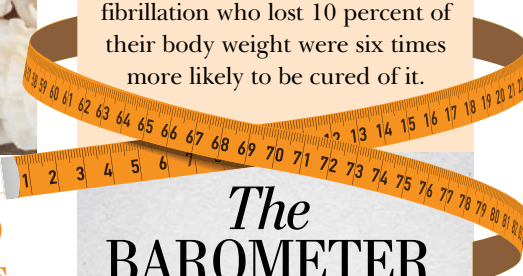
A study of more than 20,000 adults in China found that supplementing this vitamin significantly reduced the risk of stroke in people who had high blood pressure.

## Classical music

Scientists found patients who listened to Mozart had enhanced gene activity in the areas of the brain that control learning and memory, which implies classical music could help slow dementia.

## Getting trim

Obese patients with atrial fibrillation who lost 10 percent of their body weight were six times more likely to be cured of it.



## The BAROMETER

### Man-made hormones

Women who take the contraceptive pill could triple their chance of developing Crohn's, say US researchers.

### Sitting down

A study has found that for every hour each day an adult spends sitting down during their lifetime, the likelihood of developing heart disease goes up by 14 percent.

### Pollution

A new study has linked the stinky stuff to the dangerous narrowing of neck arteries that can cause strokes.



# Could you taste the difference?

**Koko Dairy Free Original** tastes remarkably similar to semi-skimmed cow's milk, yet it's totally free of dairy, soya, animal fats and contains a trim 27 calories per 100ml.

Made from freshly pressed coconut milk its 2% fat content provides medium chain fatty acids (MCFAs) that are more easily digested than saturated animal fats.

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**Koko Dairy Free – a no sacrifice alternative to cow's milk.**



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# Qi

## TO GOOD HEALTH

Women's wellbeing and Chinese medicine expert **Emma Cannon** explains just why this vital energy is so important for female wellness



'*Qi stagnation*' is something that acupuncturists like me talk a lot about and spend even more time trying to address. When the body is in balance, Qi flows smoothly and our body and emotions are happy and healthy. When Qi stagnates however, we may feel depressed, frustrated or irritable.

On a physical level, stagnant Qi can lead to menstrual pain and irregularity, digestive disturbance and headaches. In fact, many female conditions such as PMS, dysmenorrhea and pelvic inflammatory disease are believed to be caused by a stagnation of Qi. Irritable bowel syndrome (IBS) is another condition that's linked to it.

One of the ways this stagnation comes about is when our plans and visions for our lives are thwarted. We know where we want to be, but we feel stuck and unable to get there. Sometimes this starts early in life, perhaps because of overly controlling parents exerting their will over us.

Our inability to assert ourselves means that our feelings are suppressed and turn to stagnation of Qi. In IBS, the emotions are suppressed and held in the bowel and when that person is stressed, symptoms flare up, causing digestive disturbances.

So what can we do about it? It's important to address any emotional issues you've suppressed. It can be hard to let go of these darker sides of our personality, but

in my experience it is essential in order to move the stagnation. Talking therapy is the best way to do this. Acupuncture is also great to help move stagnant Qi and can even help the patient to begin to address their issues verbally.

Exercise helps too, however some people with Qi stagnation use it as a way of moving stagnation without addressing the underlying emotional issues. These people can get addicted to exercise and regularly over exercise. Walking in nature, swimming and yoga are great ways to move Qi and bring enjoyment and relaxation.

Be easy on the digestion; do not over eat and keep your meals simple. Pickles are helpful as they move stagnation in the digestive system. Fennel, ginger, tangerine, chamomile and green tea are also recommended to help smooth the flow of Qi.

Drink warm drinks, such as lemon in water or even organic apple cider vinegar diluted in warm water. Finally, try abdominal massage using oils such as fennel and tangerine.

And remember, in order to live life to the fullest, sometimes we need to be brave enough to face our past and take responsibility for how it is impacting on our present.

Emma is a fertility, pregnancy and integrated women's health expert, registered acupuncturist and author [emmacannon.co.uk](http://emmacannon.co.uk)



# The 6 supplements you need to know about

There's no doubt that getting the right nutrients is vital – but which to choose?  
We ask the experts...

**To supplement or not to supplement?** That is the question we all face from time to time, and it seems experts are divided into

one camp or the other. The NHS guidelines state that most of us can get the nutrients we need by eating a healthy balanced diet. But while this may have been true once, intensive modern farming has meant our soil isn't what it used to be.

Industrial methods using pesticides, herbicides and chemical fertilisers mean our food doesn't offer the same nutritional content it once did.

They way we consume has changed too – when was the last time you ate something picked from the ground the very same day? The chances are our food has been stored for days or even weeks,

transported for miles and generally been depleted of nutrients. Then there is our tendency to grab processed foods on the go; let's face

it, running between meetings at work, ferrying kids to various activities and juggling other tasks isn't always conducive to preparing home-grown food from scratch! Processed foods have been depleted of much of their nutritional

content during the manufacturing process and so, while they may fill a hole, they don't really offer much else to your body.

So what's a modern girl to do? Fear not, we've asked two of the country's leading women's health specialists to reveal their own hero supplements that you need to know about...



## 1 VITAMIN D

"Your body manufactures vitamin D through your skin when it's exposed to the sun," says leading women's health expert Dr Marilyn Glenville. "We know it has an important role in the prevention of cancer, especially breast cancer, helping with fertility, avoiding miscarriage, allergies, prevention of heart disease, type 2 diabetes and osteoporosis to name a few. Also, if you have joint pains it is important you are checked for vitamin D deficiency as a possible cause."

**Try NHP's Vitamin D Support, £10.98, [naturalhealthpractice.com](http://naturalhealthpractice.com)**

## 2 OMEGA 3

"Omega 3 fatty acids are important as they help to overcome insulin resistance and have a part to play in your long term health in terms of prevention of diabetes, obesity, high blood pressure and heart health," says Marilyn. "Omega 3 is anti-inflammatory, helping relieve joint pains and arthritis, and a study published in 2009 showed it can help prevent blood



## “Vitamin C helps your body deal with stress better”

clotting and lower blood pressure. Plus, there's evidence it can help reduce your dementia risk.”

**Take an at-home test to check if you are deficient in Omega 3 – visit [naturalhealthpractice.com](http://naturalhealthpractice.com)**

### 3 L-THEANINE

“L-theanine is an amino acid that has a relaxing effect on both the mind and body without causing drowsiness,” says Marilyn. “The person feels more able to cope, but can still be alert and focused with good concentration to finish deadlines. This amino acid also helps you get to sleep, stay asleep and have good quality rest.”

**Try NHP Tranquil Woman Support, £22.97, [naturalhealthpractice.com](http://naturalhealthpractice.com)**

### 4 5HTP

“5HTP is helpful as a mood-enhancer because it is a building-block of serotonin,” says leading hormone health specialist Dr Alyssa Burns-Hill. “It's also great as a sleep support because serotonin plays an important role in the production of the sleep hormone melatonin. “Studies have found it as effective as some antidepressants in helping

with depression and anxiety, without the side effects.”

**Try Healthspan 5-HTP, £13.95, [healthspan.co.uk](http://healthspan.co.uk)**

### 5 VITAMIN C

“Many of us are deficient in vitamin C,” says Alyssa. “It is involved in collagen production, the functioning of our nervous and immune systems and protecting against oxidative damage.

“Maintaining good levels can really help to ensure better adrenal support, which in turn boosts your ability to deal with stress.”

**Try Orange Juice by Nature's Plus, £20.49, [nutricentre.com](http://nutricentre.com)**

### 6 DIM OR I3C

“DIM (diindolylmethane) or I3C (indole-3-carbinol) are naturally-occurring dietary indoles found in cruciferous vegetables such as broccoli,” explains Alyssa.

“I use these for women who have oestrogen dominance problems (such as PMS, tender breasts and heavy bleeding) as they help to shift the hormone balance, lessening the effects of excess oestrogen.”

**Try Thorne Research Indole-3-Carbinol, £35, [nutricentre.com](http://nutricentre.com)**

Dr Marilyn Glenville is the author of *The Natural Health Bible for Women*. Visit [marilynglenville.com](http://marilynglenville.com)

Dr Alyssa Burns-Hill is a leading holistic hormone health specialist. Visit [dralysaburns-hill.com](http://dralysaburns-hill.com)





# findahealthstore.co.uk

If you've ever examined a food label, worried about the chemicals in your face cream or questioned the environmental impact of your washing up liquid - then, chances are, you will find plenty to interest you in a specialist health store.

Health stores are more than places to buy your bran and vitamins, they have a wealth of knowledge on all things natural, ethical and environmental.

Discover the difference between, and considerable benefits of, shopping in independent health stores rather than mass-market outlets. With thousands of different natural products to choose from, health

stores are a one-stop shop for everything natural, ethical and environmental: wholefoods, organics, raw foods, allergy-free foods, vitamins, minerals, herbs, amino acids, sports nutrition, essential fatty acids, cruelty-free bodycare, environmental-friendly household cleaners, recycled paper products - some even stock eco-paints, organic clothing and vegetarian pet foods.

Health stores have staff who are qualified and/or experienced in helping with a wide range of health conditions including Acne, Allergies, Children's Health, Digestion, Energy, Fatigue, Hair, Skin & Nails, Heart Health, Joint Mobility, Mood, Menopause, Men's Health, Mouth

Ulcers, PMS, Sleep Disorders, Sports Performance, Urinary Health, Weight Control, Women's Health & much more. Don't be embarrassed to talk about any health concern, they've heard it all before - and helped!

Health food stores come in all shapes and sizes - that's the beauty of independent shops, they are quirky, passionate and individual.

A huge improvement on the clone high street chains.

There are more than 1000 independent health stores across the UK, to find your nearest, visit our stockist locator at [findahealthstore.co.uk](http://findahealthstore.co.uk)



# HOLISTIC HEALTH

# CAROLE CAPLIN

Our lifestyle expert on  
the change of life

*Menopause has become de-rigour*, the topic of the moment, otherwise known as the change of life. Whatever the experience – and it differs greatly for each person – it tends to be deeply intense, a significant strain and test in all areas of one's life. Speaking to many women, what they all experience in common is the realisation that there are more years behind you than in front and it really tests the mettle of your relationship with your partner in particular. The pressure to 'keep up' appearances; to be sexy, creative, successful, is all the more adding to the burdens already experienced during this phase.

**I spoke to three holistic experts to get their take on how we can help ourselves through this...**

**Chloe Asprey, physiotherapist and life coach ([chloeaspreyblog.com](http://chloeaspreyblog.com))**, says look forward to clearing out the old and welcoming in the new: "Menopause should not be perceived as a negative condition, it's a rite of passage. It's about clearing 'stuff' and 'old issues', because there is a backlog that already exists and which the landing of the menopause exacerbates. There is a grieving process because it signifies the end of your child bearing years which is equally poignant for women who haven't had children and it's about letting go of the shoulds and shouldn't-haves, the regrets, dealing with unfinished business and coming to terms with the changes that this rite of passage creates. It's a completely new phase of your life. You are coming into your full strength as a woman."

**Lyndsey Booth, homeopath ([lyndseybooth.com](http://lyndseybooth.com))**, says trying to mask the changes is unhelpful: "It's not a

question of escaping the menopause. Just because you take HRT doesn't mean that you 'get away with it'. I have seen a number of women who at various ages have come off HRT and it hits them at full force.

"Putting ourselves under pressure to lose weight or crank up zero libidos is not the way to move forward. You're allowed to have a low libido. We've forgotten that this is a natural process and that by making lifestyle changes and using natural remedies and nutrients, our emotions, energy and appetites resume their normality and equilibrium.

**Shamim Daya, GP**

([wholisticmedicalcentre.com](http://wholisticmedicalcentre.com)), says bio-identical hormones might be right for some: "Hormones are necessary, but people's previous lifestyles really come home to roost when the menopause sets in, and making relevant changes to diet, exercise and sleep is crucial in gaining the upper hand. The alternative to taking HRT (which is foreign to the body) is bio-identical hormones which mean that you are not putting anything unnatural or synthetic into your system.

"You should be periodically checked to see which hormones you specifically need and even

when taking bio-identical, it is important to monitor the liver."

I reckon I've been menopausal for five years now, but I'm not going to bore you with the ins and outs of my experiences; suffice it to say that's it's not been a walk in the park nor a bundle of laughs. Recently though there's definitely been a shift; the world seems a bit brighter, and I don't greet every bump in the road with 'the end is nigh'. There is hope, I promise!

Carole is a pioneer of a holistic approach to health, exercise and wellbeing at the Bowskill Clinic. Visit [bowskillclinic.com](http://bowskillclinic.com).



“Putting pressure on ourselves is *not* the way forward. This is a *natural* process and you're *allowed* to have a low libido

”

# WHAT'S ZAPPING YOUR *ENERGY*?

If you're feeling constantly drained, it might be time to look at why. We track down the things that could be draining your energy without you even knowing it

## 1 Dehydration

It may sound simple but not getting enough H<sub>2</sub>O is one of the main offenders for draining your energy sources. As the brain is 85 percent water, it needs abundant access to it to perform optimally. Without it, dehydration begins to strip cells of their energy making you feel exhausted and unproductive.

**THE FIX:** Aim for two to three litres a day.

## 2 Not enough exercise

Although the sofa may be calling when you're feeling exhausted, finding the motivation to exercise can, ironically, give you more energy.

**THE FIX:** A brisk walk, 20 minutes of yoga or a full-blow gym session will energise you both mentally and physically, thanks to those feel-good endorphins which increase energy levels and leave you with that post-workout buzz.



## 3 THE WRONG FOOD Too Much Fat

Ever wonder why you feel lethargic and dazed after indulging in those French fries? Dubbed a "food hangover," fatty foods are harder to digest making your body pull blood supplies from the extremities to aid digestion which can take between six and eight hours.

**THE FIX:** Try healthier alternatives to fried food such as baked sweet potato wedges.

## 5 Iron deficiency

Extreme fatigue and weakness are two of the top symptoms of iron deficiency. But you don't have to dig into a steak to up your intake...

**THE FIX:** Leafy green vegetables, eggs and tofu are great food sources to banish anaemia and improve oxygen delivery to muscles and cells.

## 4 Too Much Sugar

That Danish pastry first thing in the morning may seem like a good idea at the time but sugar can leave you needing a crash helmet come 11am. Spikes in blood sugar shut down the chemicals in your brain to keep you alert, leaving you wanting more to keep you going.

**THE FIX:** Opt for a protein-rich breakfast such as eggs on wholegrain toast and some fruit.





## 6 Overworking

It may sound obvious but having a lot on your plate at work can be detrimental to your overall health. Worry and being unable to switch off can lead to poor sleep and a caffeine dependency.

**THE FIX:** Try to set strict boundaries for a better work-life balance. Remember: we work to live, not live to work.

## 8 People

As much as we love our friends and family, who you surround yourself with has a huge impact on your energy levels. A negative attitude can be highly contagious and draining to be around, therefore it's important to replace negativity with something that makes you happy.

**THE FIX:** If you've arranged to see that friend in the midst of a terrible break-up, make sure you plan a relaxing massage or yoga class afterwards to help you rebalance.



## 7 Lack of sleep

The majority of us could do with a little more. Even if you think you're getting enough, the chances are, you're not. We're talking about sleep, as new studies have revealed that the quality of sleep is just as important as the quantity.

**THE FIX:** Stick to a schedule, keep a worry notebook and pack away that technology an hour before you hit the hay.

“  
*Clutter can act as a barrier to a more energetic life*  
”



## 9 Clutter

Believe it or not, clutter on your desk or home can act as a physical barrier to a more energetic life. Always having to search for what you need is a big mental drain and can leave you stressed and tired.

**THE FIX:** As well as having a good sort out, give everything a place. Employ the help of attractive storage boxes to make clutter organised whilst being visually stimulating.

## 10 Stress

As much as we try to maintain a calm disposition, keeping stress at bay is a tough task to overcome. When we're stressed the 'fight or flight' hormone (cortisol) is released to help us cope but can also lead to adrenal exhaustion and the inability to relax.

**THE FIX:** Taking 10 deep breaths will keep that hormone in check and allow you to think more clearly.

## 11 Technology

As much as you try to avoid it, smart phones, tablets, computers and televisions creep into all aspects of our lives, even when we think we're relaxing. As our brain isn't designed to be "on" all the time, focusing on screen lights, moving images or social media means we're mentally wearing ourselves out.

**THE FIX:** Have a digital detox once a week and make sure all devices are outside the bedroom.



# Unbee lievable



## Ask the Expert

ERIN MCCANN NT MBANT

### ERIN'S TOP WELLNESS TIP

The best way to support long term health and overall well-being is to ensure that your immune system is functioning well. This will help to reduce your susceptibility to colds and flu, hay fever and allergies and travel illnesses.

A few of my favourite natural remedies for modulating immune function are bee propolis, elderberry, olive leaf, reishi mushroom and beta glucans.

**bee prepared immune support** contains therapeutic doses of all of these ingredients. Bee Prepared can be taken every day to augment a healthy diet and to help support your immune system.

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- Bee Prepared Daily Defence is brilliant! A. Forrest, Amazon 5 stars.
- I believe these little miracles stopped my cold in its tracks! G Howden, Amazon 5 stars.
- Excellent, high quality product backed by research. If you want to keep hay fever, flu and colds at bay you should try it. A Panagos AP Nutrition, Daily Mail.
- Excellent product, excellent company, owned by ethical people. S Terrass, Daily Mail.
- Best hay fever treatment I've ever used. C Baxendale, Trustpilot.



[www.unbeelievablehealth.co.uk](http://www.unbeelievablehealth.co.uk)

Available in independent health stores, Holland & Barrett and online.



# SHOULD I GET TREATMENT FOR THE *Menopause?*



Making simple lifestyle changes can often improve menopausal symptoms, says *Alison Cullen*

*The menopause isn't actually a disease,*

although the negative publicity it gets can make it sound as if it is! Many women go through it without any bother, and I've even had women asking me discreetly if they should be concerned that they don't have any symptoms. So the good news is that it isn't obligatory to have a bad time, and that if you do, there are plenty of natural remedies to help get you through.

The most common set of symptoms are related to falling oestrogen levels. Women may experience one or more of the following (in any combination):

- Fewer, lighter periods
- Hot flushes and night sweats
- Low mood
- Tiredness and weepiness
- Low libido
- Vaginal dryness
- Joint and muscle pain
- Dry and / or itchy skin

Hot flushes and night sweats are the symptoms that cause most distress, and a simple,

non-hormonal solution is sage extract (try A.Vogel Menoforce tablets, from £12.80, or Menosan tincture, £9.15, [avogel.co.uk](http://avogel.co.uk)).

For a broader range of the low oestrogen symptoms listed, go for fermented soya isoflavones (a key ingredient in A.Vogel Menopause Support, £14.99), which gently raise oestrogen without any of the problems associated with HRT. Don't use these if using hormonal contraceptives though.

For anxiety, try a good magnesium supplement, such as Floradix magnesium liquid, alongside a vitamin B complex and additional L-theanine.

A symptom pattern that is more closely associated with falling progesterone levels is heavy periods and/or periods coming closer together. Agnus castus can be used in this situation, although heavy flooding should be referred to the doctor.

This is also a very good time to ensure that you are drinking sufficient water and cutting back on caffeine and fizzy drinks, as this will reduce the severity of symptoms such as fatigue, flushes, headaches, joint pain and anxiety.



*Shop*

Feminesse Gel - specifically formulated to eliminate vaginal odour that won't go away, £8.99, [feminesse.co.uk](http://feminesse.co.uk)



## HRT: IS IT FOR ME?

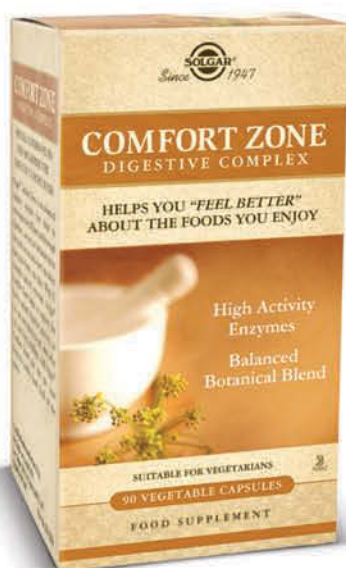
For many women HRT is not an option, due to risk of cardiovascular disease, breast or ovarian cancer. The issue that never seems to be aired is that HRT is not a solution to get you through the menopause; it merely postpones it. We deal with so many women who have come off HRT (as everyone has to eventually) and are plunged into mayhem. If you do need to take HRT, come off it very slowly over as many months as possible, to avoid a sudden dramatic drop in oestrogen levels.

Alison is a nutritional therapist at A.Vogel. Visit the A.Vogel 'Menopause Health Hub' [avogel.co.uk/menopause](http://avogel.co.uk/menopause)

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maker

We grabbed a  
green tea and  
interviewed  
nutritionist to  
the stars  
Amelia Freer

## *EAT natural\**



It's my huge  
pleasure to  
introduce you to  
*EAT natural\** –  
Natural Health  
magazine's  
exciting new food

section. Starting this month, every issue  
we'll be bringing you this complete  
guide to living healthily from the inside  
out. You'll find the latest scoops in the  
world of nutritious eating; new health-  
boosting edibles, drinkables and  
kitchen must-haves; inspiring  
interviews with foodies-of-the-moment;  
top expert advice on treating aches and  
ailments with food; and features  
exploring the latest food controversies  
and trends. Tuck in!

## *Ceri*

Ceri James editor *Natural Health*

Chef,  
blogger  
and alkaline  
aficionado  
Natasha Corrett  
kicked off her  
new column

The Medicinal Chef  
told us how to  
harness the power of  
food to feel happier

# The superfood HOTLIST

Fill your basket with the latest healthy eating must-haves



## HEN PICKED

HECK Chicken Italia sausages – 70 percent less fat than pork ones. £3.49, Tesco



## Easy health swap

## GOOD FATS

Jax Coco Extra Virgin Centrifuged Coconut Oil is ultra pure. £14.99, jaxcoco.com



## TASTY TREATS

NAKD Nibbles Coconut Bliss – raw fruits and nut goodness bites. 80p, Asda



## ON THE PULSE

Jamie Oliver Super Tomato & Olive Quinoa – just pop it in the microwave £2.29, Sainsbury's



## GO GREEN

Tg Green Teas – on-the-go iced green goodness – the first of its kind. £1.39, drinktg.com



## KNIFE N' EASY

The Kuhn Rikon Avocado Knife – will cut, pip and scoop. £9.95, selfridges



## VEG SAVER

BerryBreeze reinvigorates fridge fruit and veg. £39.99, keepmefresh.co.uk



## POT LUCK

Pieminister Pie Pots – delicious filling minus the unhealthy pastry. £3, ocado.com



## HEALING JUICE

Simplee Aloe – aloe vera, grape juice and lemon. £3.50, sainsburys.co.uk



## Tasty kick!

## GINGER SPICE

Traidcraft Geobar Fruity Carrot & Stem Ginger Bar – tasty and gluten-free. £2, tesco.com



## DEEP PURPLE

Tideford Organics' Beetroot Soup for a tasty antioxidant-rich lunch. £2.79, ocado.com



## HEALTH BREW

Kromland Farm Organic Vanilla Rooibos Tea, one of five newbies. £3.99, planetorganic.com



## DREAM DESSERTS

The Living Food Kitchen's Raw puddings. £2.79, thelivingfood-kitchen.com



## TODAY'S CATCH

Feel Free Breaded fish – delicious fish in a gluten-free crumb. £3.99, feelfreefoods.co.uk



## PURE GOODNESS

Mokhado's Avocado Oil – great for drizzling and frying. £6.99, mokhado.com





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£1.59, Tesco



### ORGANIC MUST

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hazelnuts, cashews.  
£3.60,  
perfectlypaleo.co.uk



### ORGANIC MUST

Buko Organic  
Coconut Water –  
full of minerals.  
£15.92 for eight,  
organicbuko.com

## ON TRIAL Tribest Soyabella

**Food and health writer Anna Blewett gets to grips with Tribest's Soyabella nut milk maker**

You'd be forgiven for assuming a soya milk maker is a little unnecessary for anyone without a raging intolerance to lactose; I certainly did. Instead I found using this worktop wonder totally addictive. It's essentially a kettle with a blitzer cunningly built into the lid – a surprisingly versatile combo! The notable difference between various appliances from mainstream electrical brands is high-spec design. The Soyabella has a fearsomely powerful motor which can pulverise nuts, seeds and even coffee beans in three short pulses. I dread to think what it'd do to my fingers but thanks to the fool-proof locking lid I'll never have to find out. My local shop doesn't stock dried soya beans (find them in Tesco stores or wholefood shops) so my test kicked off with roasted peanuts from the back of the cupboard. The manufacturers suggest raw nuts but after a four-hour pre-soak (who knew soaked peanuts are delicious?!) my store-cupboard standby was blitzed into smooth and frothy milk in seconds. The stainless steel filter needs thorough rinsing (you'll be used to this if you own a juicer) but the whole enterprise was pretty hassle-free. Next up soya milk (creamy and delicious), nut butter (completely indulgent) and ground coffee beans (super-quick and so aromatic). The Soyabella's a no-brainer if dairy alternatives are already central to your diet but anyone keen to bring fresh, raw and nutrient-rich recipes into their life should give it serious consideration – a voyage of discovery awaits!

**£109.95, tribest.co.uk**



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Express Sticks.  
£2.99,  
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Kokoa Collection  
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ocado.com



### SUMMER SIPPING

Belvoir Cox Apple  
Pressé – refreshing  
served over ice.  
£1.85,  
tesco.com



### SOMETHING FISHY

Simple Salmon  
Salmon Bacon –  
alternative morning  
rashers. £3.49,  
Whole Foods

# IN THE KITCHEN *with...*

Nutritionist to the stars  
**Amelia Freer** loves apples,  
ground-breaking science  
and helping her clients feel  
their absolute best





“

I've had to *learn* to run a business, something that *never occurred* to me when I started out!

”



**Tackling her own health woes** inspired Amelia Freer's belief in the powers of food. Working as a PA and organising events, she says she used to feel exhausted. "I had terrible skin and no vitality. A friend suggested I went to a nutritionist and the advice I got there completely changed my wellbeing. It sparked my interest in nutrition and I went back to college to train in my late twenties."

Now a qualified nutritional therapist with an extended waiting list, it's fair to say that Amelia has exactly that effect on others. The best part of her job, in her own words, is "seeing the positive changes my clients achieve, from weight loss to overcoming debilitating ailments."

She spends a typical day seeing clients in person or checking in with them on email, phone or Skype. Lately she's also been promoting her recently-published first book, *Eat.Nourish.Glow.* (£16.99, HarperCollins Thorsons). She contributes to health and beauty website getthegloss.com, too.

It sounds like a dream job but, as Amelia points out, that's not to say it's easy. The study is hard and ongoing. "Science moves fast, and there are always new studies to read." Plus, she's had to learn to run a business – "something that never occurred to me when I started out!"

So what's her advice to other would-be nutritionists? "Make sure that you actually want to work with clients. If you do, enrol on a respected course that is regulated. There are many short courses that can give you a grounding but well-respected teachers and up-to-the minute, well-researched courses are the way to really learn."

## 3 foods I'll be eating THIS MONTH



**Apples** "I eat an apple a day; they're rich in antioxidants"

**Sauerkraut** "An excellent source of pre-biotics"



## WHO IS Amelia?

### STUDIED

Nutritional Therapists Diploma and Foundation Science Degree at the Institute for Optimum Nutrition, London

### BECAME A NUTRITIONIST

Eight years ago

### CAREER HIGHLIGHT

"The publication of *Eat.Nourish.Glow.* with my 10 principles for healthy eating"

### EXPERTISE

"I've learned that less is more and to treat each client individually, keeping my advice practical and realistic"



**Turmeric** "For its immune-supportive qualities"



# Milk: GOODIE or BADDIE?

*Alice Whitehead* skims the cream  
and gets the experts' view on just how  
healthy cow's milk really is

**Heralded as a 'complete food'**, and dished out to pupils across the UK, cow's milk is championed by a float-load of celebrities and experts alike.

Rich in protein, calcium, zinc, vitamins A and B, and iodine (which helps regulate metabolism), and with less than two percent fat, it's not surprising it's seen as an elixir of health.

But with a series of scientific (though as yet inconclusive) studies suggesting cow's milk could be associated with cancer, heart disease and even fractures, and with rising levels of intolerance and allergies, is its pure white image being tarnished?

## DAIRY QUEEN

The Milk Marketing Forum (a consortium of leading dairy companies, co-operatives and The Dairy Council) has spent a whopping £7.5 million on its 'Make Mine Milk' campaign, with everyone from Pixie Lott to Kelly Osbourne parading white moustaches to promote its health credentials. And they're certainly a healthy set of credentials.

Milk not only provides calcium (essential for bone health and reducing the risk of osteoporosis), it's the only drink bar water that's recommended by dentists as tooth-friendly. US studies have also suggested that milk, alongside a calorie-controlled diet, may help with weight control thanks to its effect on fat cell metabolism, while another study (sponsored by the US Dairy Research Institute admittedly) provides moderate evidence that milk helps lower blood pressure.

With each glass containing almost eight grams of protein, milk is also a muscle builder: hence why it's plugged by sportsmen and women.

"Milk's carbohydrate (from lactose) and protein content make it an ideal post-exercise drink for optimising muscle repair," affirms registered dietician Lyndel Costain. "It helps rehydrate too thanks to its electrolyte content."

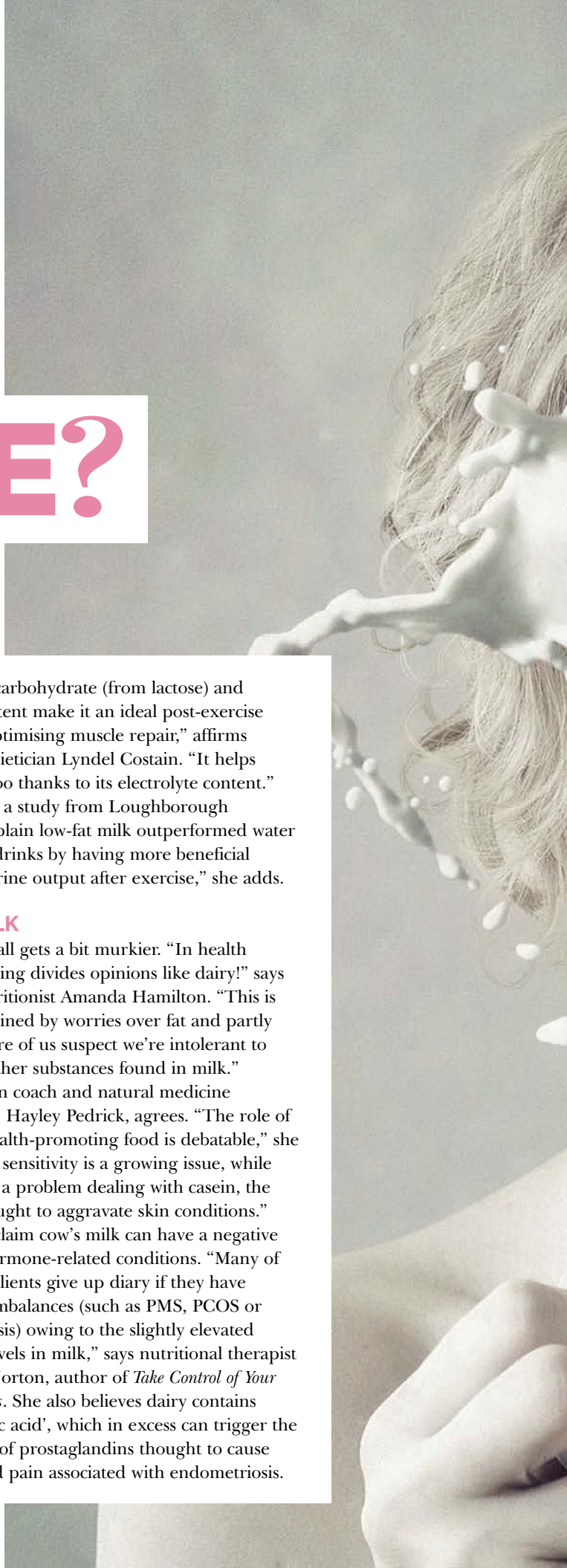
"And, in a study from Loughborough University, plain low-fat milk outperformed water and sports drinks by having more beneficial effects on urine output after exercise," she adds.

## SPILT MILK


But then it all gets a bit murkier. "In health circles, nothing divides opinions like dairy!" says top TV nutritionist Amanda Hamilton. "This is partly explained by worries over fat and partly because more of us suspect we're intolerant to lactose or other substances found in milk."

Nutrition coach and natural medicine practitioner, Hayley Pedrick, agrees. "The role of milk as a health-promoting food is debatable," she says. "Dairy sensitivity is a growing issue, while others have a problem dealing with casein, the protein thought to aggravate skin conditions."

Others claim cow's milk can have a negative effect on hormone-related conditions. "Many of my female clients give up dairy if they have hormonal imbalances (such as PMS, PCOS or endometriosis) owing to the slightly elevated hormone levels in milk," says nutritional therapist Henrietta Norton, author of *Take Control of Your Endometriosis*. She also believes dairy contains 'arachadonic acid', which in excess can trigger the production of prostaglandins thought to cause swelling and pain associated with endometriosis.





A close-up photograph of a woman's face. She has dark hair and blue eyes. A large splash of white milk covers her eyes and nose, leaving only her mouth visible. She is holding a white mug with both hands. The background is a soft, out-of-focus grey.

“In *health circles*,  
nothing divides opinions  
like *dairy*”

However, for every scientific study that suggests milk may have damaging health properties, there's another that suggests the opposite, and it's getting increasingly hard for consumers to know what's true.

In 2013, for example, Californian scientists claimed one full-fat dairy product a day could halve the chances of survival of women with breast cancer, but on the flip side a Norwegian study found women who drank milk as children and as adults, had a lower risk of the disease.

And, while milk is undeniably packed with calcium, debate rages about its alkaline effect within the body. “In fact, dairy is thought to have a net acid effect, which can be measured using the Potential Renal Acid Load (PRAL) method,” claims Pedrick. “The body works to keep the blood slightly alkaline and one of the ways it does this is by using calcium reserves from the bones to neutralize the acidity, which could compromise bone health over the long term.”

### NO WHEY!

Henrietta Norton believes intolerances stem from overload as much as poor quality. “We pile chemicals into cow feed, and then homogenise and pasteurise milk, which removes a fabulous cocktail of essential fats, proteins, vitamins and minerals and the beneficial bacteria ‘lactase’, and without them you cannot digest lactose, and digestive disturbances and intolerances begin.”

Navigating these conflicting arguments can leave us all reeling, but the consensus seems to be the age old adage of ‘everything in moderation’. “I encourage my clients to consider swapping to raw milk before avoiding dairy completely, and to limit intake in general,” affirms Norton.

Pedrick goes further: “While western society gets 75 percent of its calcium intake from cow's milk, in China, 50 percent comes from plants (where instances of post-menopausal fracture are lower too). 200g of broccoli contains roughly the same amount of calcium as a glass of milk – and it doesn't come with any health concerns.”

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## MY HEALTHY LIFE NATASHA CORRETT

Chef, blogger and alkaline aficionado *Natasha* kicks off her new column with a look at the effects of acid-forming foods and how to beat them

*Eating alkaline* doesn't have to mean a massive or a scary change in your everyday life. You can take it step by step so you're not relying on willpower alone – I've always found that to be a big ask and the most likely result to be crashing and failing! The Honestly Healthy ethos is all about finding your healthy alternative and making sure it's utterly delicious – I think if you enjoy the meals you're eating, you're much more likely to stick with them.

Eating the alkaline way really is pretty simple – you just want to limit eating acid-forming foods (like meat, wheat, gluten, cow's dairy, sugar, caffeine and alcohol) to 30 percent of the time and eat alkaline foods for the other 70 percent.

The reason for this is that our body's blood pH is alkaline (7.35-7.45) so it makes sense to always try to bring it back to this state naturally. When we eat very acid-forming foods, the body seeks balance and may do this by drawing on minerals and nutrients from our bones. When the body is in the right alkaline state, you will be less prone to cellular damage and disease. Benefits of following an alkaline diet include: better sleep, weightloss, clear skin, more energy, balanced hormones, slower ageing and better concentration. Who doesn't want that?



**PLAN YOUR MEALS.** Staying healthy takes planning. Decide what you want to make for the week ahead and do a shop on the weekend when you have time. Spend 1-2 hours on a Sunday night roasting up your veg, making your grains, and mixing up some dressings. Your fridge will be full of nutritious food for you to come home to.

**DON'T MAKE LIFE MORE DIFFICULT FOR YOURSELF** by going for a massive overhaul. Introduce one nourishing meal into your day every day. Then when you are happy, add another and slowly you will start to realise that 70 percent of the food you eat is alkaline. Start with a green smoothie to accompany your breakfast.

**GIVE YOUR CUPBOARDS A SPRING CLEAN.** Find healthy alternatives for staples like pasta, flour and sugar, and swap them for gluten-free noodles, rice flour and coconut palm sugar. You can get all of this from sites like [goodnessdirect.com](http://goodnessdirect.com).

**MAKE SURE YOU'RE HYDRATED.** Drinking 1-2 litres of water or herbal teas every day is really important to help flush toxins out of the body. Start your day with hot water and lemon. Lemon when digested is actually alkaline and helps to kickstart the system.

## MAKE, EAT, LOVE *Natasha's Radiance Green Smoothie*

### SERVES 2

- 50g cucumber, roughly chopped
- 100g spinach leaves
- 1 tsp chia seeds
- 50g banana
- 50g grapefruit
- 1/4 tsp spirulina powder
- 1 tincture of liquid chlorophyll (optional)
- 250ml water or coconut water
- 180ml alkaline/filtered water

Place all of the ingredients into a high-speed blender and blitz until smooth. Add a little more water/coconut water if it looks too thick.



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Dale Pinnock

# Eat yourself...HAPPY

The Medicinal Chef on how to harness the power of food to improve wellbeing



It's fair to say that we live amidst chaos. Time pressures, financial woes, self-bestowed standards, social expectations... The list goes on as to what

can zap our moods and *joie de vivre*. I'm not for a second going to try and tell you that food is the answer to all your prayers, but what we eat does have a notable impact on our minds and moods. Think about it: our brain and nervous system is a physiological system, and as such it has its own nutritional requirements that influence its biochemical activities. If these aren't met, the system suffers. In light of this I believe that there should be a few key foods and/or nutrients on the top of everyone's list if they want to take steps towards an improved mood:

## OILY FISH

These are absolutely top of my list. This is because they are a rich source of the ever-important omega 3 fatty acids. These vital fats play an important role in neurophysiology. Firstly, the omega 3 fatty acid DHA is used to maintain the structure of the fatty layer that surrounds nerve cells which is vital for their normal functioning. Secondly, omega 3 fatty acids are also key for the release of neurotransmitters (communication molecules in the nervous system that amongst other things regulate mood).

## BANANAS AND TURKEY

These two seemingly unrelated foods are both rich sources of the amino acid tryptophan. This amino acid crosses the blood brain barrier, where it's converted into serotonin. Adding a small amount of complex carbohydrate with these will cause a gentle insulin



spike to allow the tryptophan to be catapulted across the brain barrier.

## B12 RICH FOODS

Foods such as red meat and oily fish (or supplements for vegetarians) will supply vitamin B12. This vital nutrient is not only important for energy – which in itself impacts our mood – and red blood cell manufacture; it also directly influences the brain and nervous

system. B12 supports the function of myelin. Plus it is involved in a process called methylation, which assists in the functioning of neurotransmitters.

## NUTS AND SEEDS

Nuts and seeds are rich sources of one particular B vitamin – the all-essential B6. Earlier I mentioned the amino acid tryptophan which is converted into serotonin. Well, B6 is one of the most important nutrients in that conversion pathway. If this nutrient is low, then that conversion will take place at an incredibly low level.

## PRAWNS

Prawns are packed with the mineral zinc. Vegetarians can reach for pumpkin seeds to get a hit. Evidence shows that zinc is great for managing depression. It is used to regulate what things move in and out of the brain and certain aspects of the stress response.

Dale is a chef, nutritionist and author of *The Medicinal Chef* books  
[dalepinnock.com](http://dalepinnock.com)

## IN THE BASKET



### BANANAS

"A very rich source of tryptophan which converts to serotonin"



### PRAWNS

"Packed with zinc which regulates the stress response"



### NUTS

"Full of B6 – important in the conversion of tryptophan"



# SEND ME NO *flours...*

Thinking about giving gluten the heave-ho?  
Our writer *Alice Whitehead* did – here's how she got on...

*If you've experienced daily abdominal discomfort* (cramping, bloating, nausea) and lethargy after meals – particularly after those wheaty Goliaths like pasta – there's a good chance, like me, you may have sensitivity to gluten.

After several years of debilitating symptoms and numerous hospital procedures, I decided to take my health into my own hands and embark on an elimination diet, banishing wheat, rye and barley. Within months, many of my symptoms had improved and I felt more energetic and positive.

Gluten lurks in everything from sauces and sweets to lager. It helps dough rise, provides that sought-after chewy texture, and makes our breads bouncy and cakes springy. Unfortunately, it can also have the same effect on our guts.

At the extreme end of the scale, gluten can trigger coeliac disease – a serious autoimmune intolerance, which causes inflammation, diarrhoea, nausea, anemia and sometimes even internal bleeding – while at the other end (though not scientifically proven) it's thought to exacerbate the symptoms of conditions such as Irritable Bowel Syndrome (IBS) and endometriosis (both of which I have been diagnosed with). According to US cardiologist William Davis in his book *Wheat Belly*, gluten is also to blame for chronic spikes in blood sugar, frail bones, mood swings, poor concentration and even baldness.

My gluten-free journey started with the FODMaps diet, which removes fermentable short

chain carbohydrates (i.e. fructose, lactose, galactans etc) in an effort to alleviate IBS-type symptoms. While these molecules are found in many foodstuffs, from cabbage and beans to apples and cheeses, they are also found in wheat, barley and rye, and after several months on the diet, these seemed to be my main triggers.

It's easier to go gluten-free these days. Not only is there a broader range of products available at the supermarket (free-from but thankfully not taste-free), recent legislation also means restaurants and takeaways are required by law to tell customers if any of the top 14 allergens are present, making it easier to eat out.

And, while there's been a lot of press coverage recently, criticizing people who go gluten-free to lose weight rather than for medical reasons (which is particularly annoying when restaurateurs, who can't tell the difference between a fad dieter and someone with a serious condition, tar everyone with the same 'nuisance' brush) I feel sure, a move away from our western reliance on wheat, barley and rye can only be a good thing.

As long as you eat sensibly – avoiding processed gluten-free food that's high in fat and sugar (just as you would on a normal, healthy diet) and keep an eye on fibre, vitamin B and iron levels – it can be very healthy. My diet is packed with wholegrain rice, oats, nuts, seeds, vegetables and fruits, and going gluten-free has released me from that default rut of lunchtime sandwiches.







Ian Marber

*NH's top nutritionist  
tackles the hottest topics  
in the world of food*

Imagine eating a diet that took into account your ongoing health and your risk factors for disease. This might seem like a pipedream, but it's actually already happening.

Genes interact with the environment in which we live and certain lifestyle choices can mean the difference between genes expressing themselves one way or another.

For example, some people can process potential carcinogens from grilled meat easily, others struggle, so if you knew that the risk of eating grilled meat was high for you, then it would make sense to alter your diet.

I have done a DNA test and changed my diet to include more fat whilst altering my way of exercising by increasing weights.

The results have been pleasing, but this type of exercise does build muscle more easily and a natural result of this is reduced body fat.

That said I wouldn't have changed my patterns without the DNA information, so I am pleased I chose to take the test. Given that the advice was based on DNA, I have stuck to the plan more than I might have done had it been a blood test as it feels solid.

No doubt this has added to my results, but if testing DNA carries more gravitas then I'm all for it.

Ian is one of the UK's top nutritional therapists and health writers  
[ianmarber.com](http://ianmarber.com)

“It makes our  
*bread*s bouncy and  
*cake*s springy.  
Unfortunately, it can  
also have the *same*  
effect on our guts”





# Superfoods SUPER YOU

Yoga and nutrition teacher  
*Julie Montagu* shows us just how  
simple it is to embrace a superfood life

## BEETROOT, BLACK RICE & PEAR WRAPS

**MAKES: 4**

*Brown rice is good for you, but  
black rice is even better!*

- 4 wholewheat tortillas
- 2 large romaine lettuce leaves,  
torn in half
- 1 large pear, grated
- Sea salt

### *For the beetroot paste*

- 2 cooked beetroots,  
roughly chopped
- 1 garlic clove, crushed
- Handful of fresh coriander
- Handful of fresh flat-leaf parsley
- 35g walnuts
- 1 teaspoon coconut oil
- 2 teaspoons apple cider vinegar

### *For the black rice*

- 240ml water
- 100g black rice
- ½ teaspoon caraway seeds
- Finely grated zest and juice of ½ lime
- 35g sultanas
- 35g flaked almonds, toasted

**1** To make the beetroot paste, throw everything into a food processor, add a pinch of sea salt to taste, and blitz until a lovely paste has formed. Transfer to a bowl for later.

**2** To make the black rice, put the 240ml water in a saucepan and bring to the boil. Add the rice, caraway seeds and a pinch of sea salt. Reduce the heat to low, cover and leave to simmer for 20–25 minutes, or until all the water is absorbed, then leave to cool. Once cooled, transfer the rice to a bowl and add the lime zest and juice, sultanas and almonds. Stir well.

**3** Place 2 tablespoons of the beetroot paste in the middle of each tortilla and

cover with one of the lettuce leaf halves. Top with a couple of heaped spoonfuls of the black rice filling. Sprinkle with the grated pear and fold or roll the tortillas to create a wrap.

## ACAI BERRY BOWL

**SERVES: 1**

*The acai berry is high in  
antioxidants that help to fight  
free radicals*

- 1 banana
- 120ml coconut water
- 3 dates, pitted
- Large handful of spinach
- 1 kiwi, peeled
- 1 teaspoon açai powder

### *For the toppings*

- Raspberries
- Coconut flakes
- Bee pollen





*Meet the superheroes of the plant world*

**1** Put all the ingredients in a blender or food processor and whizz away.

**2** Top with raspberries, coconut flakes and bee pollen.

## SUSHI-STYLE SPINACH & BEANSPROUT BOWL

*SERVES: 2*

*Beansprouts, believe it or not, are a nutritional powerhouse!*

- 480ml water
- 190g brown rice
- 25g goji berries
- 100g shelled edamame
- 1 nori sheet
- 1 avocado, peeled, pitted and sliced
- Large handful of spinach
- Large handful of beansprouts
- 2 teaspoons sesame seeds
- Dulse flakes, to serve

### *For the ginger dressing*

- 60ml apple cider vinegar
- 2.5cm piece of fresh ginger, minced
- 1 date, pitted
- 1 tablespoon umeboshi paste
- 1 teaspoon tamari

**1** Bring the 480ml water to the boil in a saucepan, then add the brown rice. Reduce the heat to low, cover and simmer for 45–60 minutes. Once cooked, rinse in cold water.

**2** Soak the goji berries in water for 10 minutes, then drain.

**3** Meanwhile, bring another saucepan of water to the boil, add the edamame and cook for 5 minutes, then drain and rinse in cold water. Chop the nori sheet into small pieces.

**4** Divide the rice between 2 bowls and top with the sliced avocado, edamame, soaked goji berries, and the spinach, beansprouts and sesame seeds.

**5** To make the ginger dressing, put all the ingredients in a blender or food

processor and blitz until smooth. Pour the dressing over the 2 bowls and garnish with a sprinkle of dulse flakes.



## BOOKshelf

*Superfoods* by Julie Montagu  
(Quadrille, £18.99)

Photography: Yuki Sugiura





Elizabeth is a London-based holistic nutritional therapist [holisticnutrition.co.uk](http://holisticnutrition.co.uk)

ELIZABETH MONTGOMERY

## *The kitchen pharmacy*

Treat your aches and ailments naturally with food

---

### *Eczema*

The word eczema comes from the Greek word ekzein and literally means 'to boil over'. This is an inflammatory condition of the skin that requires foods with alkalising, moisturising and heat-reducing properties. The skin responds particularly well to foods that are rich in essential fatty acids, chlorophyll and vitamin C.

**SHOPPING LIST:** Vitamin C (lemons, limes and red peppers), vitamin E (avocados, nuts and seeds), zinc (pumpkin seeds, beans and mushrooms), essential fatty acids (vegan algae oil or krill oil for omega 3 and oil evening primrose for omega 6), and chlorophyll (wheatgrass and green vegetable juices).

---

### *Endometriosis*

This is a condition when small pieces of endometrial tissue grow outside of the womb. Endometriosis creates multiple uncomfortable symptoms which commonly include excessive bleeding, cramping, lower back pain and painful sex.

**SHOPPING LIST:** Iron (beetroot, lentils, leafy greens, salmon or supplement with a yeast-free, food-state form of liquid iron), cruciferous vegetables (cabbage, kale, watercress, brussels sprouts and radishes), essential fatty acids (hemp oil, seeds and tree nuts or supplement with krill oil or Evening Primrose oil), and magnesium (leafy greens, seaweeds and green vegetable juices).

---

### *Joint pain*

This inflammatory condition can be caused by overuse of joints, ageing, excess acidity and autoimmune disease. A multi-pronged dietary approach is key to reversing its debilitating symptoms.

**SHOPPING LIST:** Anti-inflammatory foods (dark leafy greens, beetroots, almonds, walnuts, and fatty fish), anti-inflammatory herbs and spices (ginger, garlic and turmeric), alkalising whole-leaf barley grass powder, and cherry juice concentrate (packed with antioxidants and anthocyanins to relieve pain and stiffness).

---

### *Migraines*

This common and often debilitating condition can be the result of prolonged stress, lack of essential minerals, hormonal imbalances and liver toxicity. There are many key foods that play an important role in helping to prevent its onset.

**SHOPPING LIST:** Magnesium (spinach, Swiss chard, sunflower seeds and avocados), CoQ10 (broccoli, cauliflower, mackerel, sardines and some nuts or supplement in its reduced form called ubiquinol), foods rich in B vitamins, especially vitamin B2 (quinoa, asparagus and mushrooms).



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# Beauty

*Better skin, hair, make-up naturally – here's how*

*She's as well known for her healthy lifestyle as her Hollywood roles on the silver screen, but now **Gwyneth Paltrow** has put her money where her mouth is by investing in organic beauty brand Juice Beauty. As the creative director, Paltrow will oversee the creation of an organic make-up and skincare line which will then be sold on the actress's website, Goop.com. The new make-up line will be released by Juice Beauty later in 2015 while the skincare line is set to launch in 2016. You heard it here first...*

# The latest in **BEAUTY NEWS**

## HAIR TODAY

**In general, hair becomes a little thinner as we age** – and with less of it, volume's even more important if you don't want your locks to look skimpy...

Have your blood checked to see if you're missing any nutrients. If thinning is associated with the menopause, you could be missing iron.

Between washes, use a dry shampoo. It gives extra volume. Camouflage any loss at the hairline. The hairline is the first thing people notice about you, so if it's receding, try a soft, graduated fringe. Damp hair down in the morning and pop a couple of big rollers in to keep the oomph up.

Taken from *The Anti-ageing Beauty Bible* by Josephine Fairley and Sarah Stacey (Kyle Cathie)



## NAIL IT

Nothing says summer more than brightly-painted nails and for 2015 the trend is once more for pastel shades. We love toxic-chemical-free brand Only Fingers and Toes' SS15 collection (left).

### Here's how to get your manicure right:

**You only need three strokes:** Guide the dot of polish by stroking it with the brush to the left, then right, then down the centre. After painting, hold your nails under very cold water – this will help the polish to dry faster.

**Avoid hot water:** It's polish's enemy. Leave the dishes for someone else – the heat will expand the nail bed, causing the colour to crack and ruin your look.

**Use an old lip brush** dipped in nail polish remover to clean the edges and rectify any mistakes

**Apply multiple thin coats** rather than two thick ones – the latter won't dry properly.



## Sort your feet

IT'S TIME TO GET YOUR SANDALS OUT  
- BUT ARE YOUR FEET UP TO SCRATCH?

Dry feet not only look unattractive, they can cause serious issues. If the skin on your feet becomes too dry, it can crack under daily stresses and strains, leaving the body open to possible infection. Bananas have a high moisture content, and when you apply them to skin, they can provide an instant moisture boost, leaving you with softer, smoother and more supple tootsies.

### Ingredients

- 2 medium-sized ripe bananas

### Make it

- Using a fork, mash the bananas in a bowl into a lump-free, smooth paste.

### Apply it

- Apply to clean, dry feet 1-2 times a week. Massage into cracked heels. Leave for 10 minutes and rinse with warm water. Pat skin dry with a clean towel.



Extracted from *Neals's Yard Remedies Beauty Book* (£16.99, DK).

**WANT TO GO GLUTEN-FREE IN YOUR BEAUTY REGIME?  
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LIKE WHEAT PROTEIN AND WHEAT BRAN EXTRACT**

## BEAUTY DOS AND DON'TS

**Do** pop your eyeliner in the freezer. Now the weather's warmed up, you might find some liners crumble as you apply them. A 15-minute cold snap will put an end to that.

**Don't** rub your hair with a towel to dry it. You'll rough up the cuticles, making it look dull. Blot dry or leave the towel wrapped round your head to absorb moisture.

**Do** use hair conditioner to shave your legs - it will soften the hair, making it easier to glide through, plus it'll leave your pins feeling silky.

**Don't** pump your mascara wand up and down in an attempt to coat the wand. You'll force air into the tube which will dry the product out and shorten its lifespan.



## ROUND-UP

### *In safe hands*

Lifthouse Spa in Essex has become the UK's first certified 'cancer aware spa' by industry body Wellness for Cancer which commended its Recovery Treatment. Therapists are specially trained by the NHS Christie Trust to personalise treatments specifically for cancer sufferers or those in recovery. Visit [lifthouse.co.uk](http://lifthouse.co.uk)

### *Seeing red*

If you are prone to rosacea, or even just a red, blotchy complexion, try avoiding heat-generating foods like spicy foods such as curries, caffeine and red wine, and supplement with vitamin C and omega 3.



## TRIED & TESTED

Jane Alexander  
tried a bee  
sting facial...

Kate Middleton, Katy Perry and Victoria Beckham all adore the Heaven Bee Sting facial. It sounds painful but fortunately the sting is all in the venom mask which tricks the skin into thinking it's been stung, causing the facial muscles to tighten and lift. Acupressure and manual lymphatic drainage sculpt the face still further - not for nothing is it dubbed 'Nature's Botox'. Surprisingly, I found it one of the most relaxing treatments I've had. Much of this is down to therapist Lynn Taylor who is one of life's natural healers. I came off her couch feeling as if I'd been rocked and lullabied for way more than 75 minutes. Oh, and my skin looked and felt fabulous too.

The Bee Sting Facial with Lynn Taylor costs £80. Visit [roomninetytwo.co.uk](http://roomninetytwo.co.uk)

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# 10 WAYS TO ANTI-AGE YOUR HAIR

Night creams and serums are all well and good for younger looking skin, but what can we do to keep the life in our locks?

1

## 50 SHADES OF GREY

When plucking them out one by one just won't do anymore, it's time to take matters into your own (or your stylist's) hands. "The less you have to do to your hair, the better the condition will stay," says A-list colourist Louise Galvin ([louisegalvin.com](http://louisegalvin.com)). "For just a couple of greys, I'll paint them individually or highlight the hair to blend them in naturally. When you reach 70-80 percent grey, it's easier to take the hair lighter rather than trying to cover them up with high-maintenance dark colours."



2

## RESIST THE SCISSORS

Many women opt to leave their tresses on the salon floor once they reach a certain age, but Louise couldn't disagree more. "If your hair is healthy and trimmed regularly, there's no reason why you can't keep it longer. There is nothing more feminine than long hair and suddenly cutting it off can leave you feeling frumpy and dull."

3



## KEEP ON MOVING

Although it's tempting to be over-zealous with styling products, maintaining the carefree movement of our childhood locks can make all the difference. "It's vital to look put-together, but fixing hair with copious amounts of lacquer is very ageing. Invest in a big round hairbrush to give the hair lift and softness," says Louise. *Kent Large Radial Hair Brush, £8.55, [feelunique.com](http://feelunique.com)*

4

## LIGHTEN UP

Just when you thought your experimenting years were over, Kerry Capewell, hairdresser for Nature's Dream ([naturesdream.co.uk](http://naturesdream.co.uk)), recommends playing with colour for a more youthful appearance. "As we age, our complexion can lose some of its warmth, so darker tones can start to look a bit harsh. Opt for a shade lighter which will also make your regrowth less noticeable. After each wash, rinse the hair in cool water to help close the cuticles."

# Give your skin the *feel good* factor



Unwind with Urban Veda's Soothing range created for distressed, sensitive skin. Sixteen botanicals work in unison to harmonise your skin's natural balance. Cooling organic Aloe Vera Juice, hydrating Palmarosa, moisturising Sandalwood and uplifting Lemon will transport you from bathroom to spa in a matter of seconds.



No Parabens | No SLS | No Artificial Colours | No Mineral Oils | No GM Ingredients  
[urbanveda.co.uk](http://urbanveda.co.uk)







## DAMAGE CONTROL

Curling, straightening and blow drying; we put our tresses through the mill in the name of beauty. But reversing the damage is key to maintaining a younger-looking do. "One of the best ways to keep hair looking youthful is to keep it moisturised. Treat your hair to an intense conditioning treatment once a week using a hair oil or mask," says Kerry. *Dry Remedy Moisturising Masque, £29, [aveda.co.uk](http://aveda.co.uk)*



## NOURISH FROM WITHIN

The saying "you get out what you put in" couldn't be more true than when it comes to anti-ageing your hair. "Alcohol, sugar, and refined foods leach the health out of our system," says nutritionist Jenna Zoe ([foodstolove.co.uk](http://foodstolove.co.uk)). "Getting enough protein is crucial as hair itself is made of it. Try adding some protein powder, hemp seeds or edamame to your diet. You also need healthy fats to control your hormone production."



## SUPPLEMENT

Although a nutrient-rich diet is the most effective way to flood your body with the vitamins and minerals it needs, supporting your intake with the right supplements can provide more effective results. *Naturabiotics Hair Skin & Nails Supplement (£14.99, [naturabiotics.co.uk](http://naturabiotics.co.uk))* contains omega 3 and vitamin E to give strands a boost.



# 8

## SCALP TLC

At the root of all hair issues, scalp health is the difference between a thick and glossy do and hair that's holding you back. Before external hair grows through, we have hair inside the scalp being manufactured by the hair follicle, therefore taking care of the source is vital to the outcome. Massage the scalp for a few minutes every day and try a nourishing treatment such as *Aveda's Botanical Scalp Therapy (from £50, [avedainstitute.co.uk](http://avedainstitute.co.uk))* to balance the skin.



# 9

## KEEP CALM AND CARRY ON

Although there's a direct link between stress and hair loss, you don't need to worry about sudden bald patches when that deadline's looming. It's extreme stress from the three B's (bereavement, bankruptcy, and break-up) in particular that cause a disproportionate number of hairs to enter the resting stage making hair loss greater. As scary as this sounds, you can try to eliminate stress and promote hair re-growth through breathing techniques, exercise, a healthy diet and scalp massage to help stimulate bloodflow.

# 10

## INVEST IN YOUR MANE

*Shea Butter & Olive Conditioner, £12.35, [rossiskincare.com](http://rossiskincare.com)*  
A highly nourishing conditioner made with jojoba, shea butter, olive oil, aloe vera and provitamin B5.

*Sacred Locks Treatment, £26, [louisegalvin.com](http://louisegalvin.com)*  
Ximenia oil and vegetable proteins act as a natural silicone to repair chemically-damaged hair without leaving any residue.

*Intelligent Nutrients Volumising Hair Spray, £25.50, [naturisimo.com](http://naturisimo.com)*

Give your hair the movement it deserves with this thickening spray. It promises to turn fine tresses into full and bouncy locks.



Available in select  
Holland & Barrett Stores



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## THE BEAUTY *detective*

Get prepped for glowing summer skin with advice from our beauty editor at large  
**Emma Van Hinsbergh**

*In Cornwall, where I grew up,* we view pale skin with vague suspicion. A milky white complexion might be de rigueur in certain circles but down in the West Country, it's all kinds of wrong. I mean, can you imagine Ross Poldark without that tan? He just wouldn't cut the mustard. Not surprisingly, this tanning fascism presents something of a conundrum in my professional life, where every dermatologist I meet drums home the drastic ageing effects of the sun. How on earth can I be a dedicated beach bum when I know I'll end up looking like an old prune? Thankfully, there are ways to tan well and safely. Experts all agree that soaking up a few rays is crucial for good health, as it provides essential vitamin D. What's more, you can strengthen your skin against UV damage with a bit of dedicated pre-summer prepping...



inflammation." Other foods include cocoa and green and black tea, which are rich in anti-ageing polyphenols; tomatoes, papaya and watermelon, which are packed full of a red carotenoid called lycopene that protects skin against sunburn and skin cancer; and finally pomegranate, which strengthens the skin's upper layers.

### TREAT YOUR BODY

Of course, to keep your natural SPF in full combat mode you'd have to eat an awful lot of the stuff, so I usually supplement with something like Colladeen Visage ([naturesbest.co.uk](http://naturesbest.co.uk)) or Imedeen Tan Optimizer ([imedeen.co.uk](http://imedeen.co.uk)) – both of which contain high levels of plant nutrients to keep your skin in tip-top condition. I also drink gallons of water to boost skin's natural moisture factor which protects against environmental damage and increase my intake of omega 3 fatty acids found in foods such as sardines, mackerel, flax and chia seeds (or supplement with Seven Seas Perfect 7, [seven-seas.com](http://seven-seas.com)) to protect against sunburn and melanoma. Typically, I use a decent body scrub such as Ole Henriksen's Rub n' Buff Salt Scrub ([johnlewis.com](http://johnlewis.com)) or G Baldwin's Citrus Bath Salts ([baldwins.co.uk](http://baldwins.co.uk)) two or three times a week followed by lashings of a decent moisturiser such as Murad's brilliant new Body Firming Cream ([murad.co.uk](http://murad.co.uk)). Start this regime now and you'll be boasting a perfectly healthy tan this summer!

### GET FRUITY

Every spring, I start wolfing down antioxidant-rich foods that contain a natural SPF factor. These include deep purple berries such as blackcurrants, blueberries and blackberries, fruits such as black grapes and figs, and orange and dark green vegetables such as peppers, squash, kale and spinach. "The plant pigments in these foods gravitate to the skin," explains nutritionist Dr Sam Christie from Nature's Best ([naturesbest.co.uk](http://naturesbest.co.uk)). "They help the skin cope with UV light by suppressing the damaging effects of sunlight, neutralising free radicals and reducing

## SECRET WEAPONS ...tanning essentials



**STRENGTHEN HAIR**  
Daniel Galvin Junior's Argan Oil Detox Hair Masque, £5.99, combats environmental damage ([danielgalvinjunior.com](http://danielgalvinjunior.com))



**NOURISH DRY SKIN**  
Pommade Divine, £19.80, is enriched with herbs and spices to nourish dry or inflamed skin ([lovelula.com](http://lovelula.com))



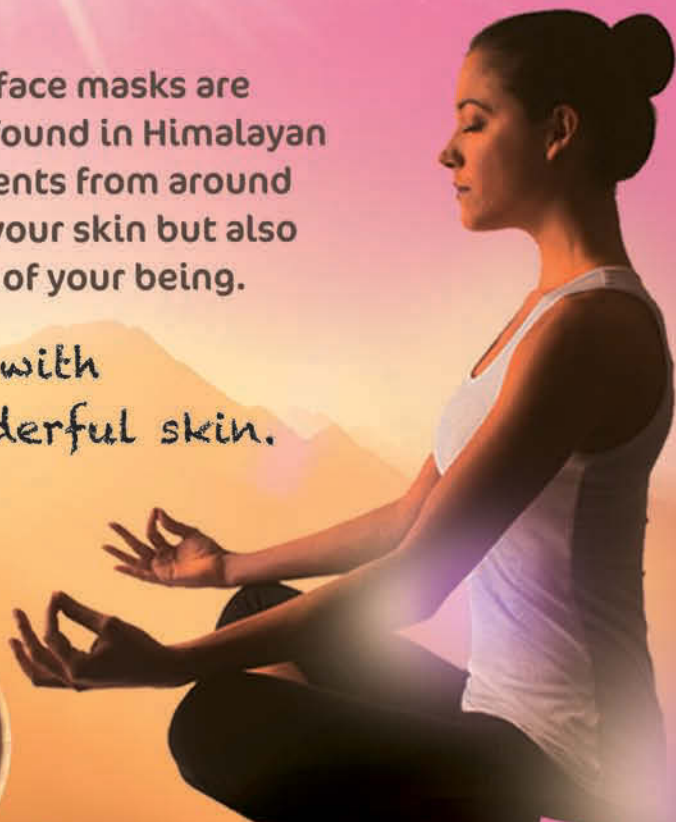
**AVOID DAMAGE**  
S5 Illuminating Serum, £44, is packed full of plant cosmeceuticals to protect against the sun ([lovelula.com](http://lovelula.com))

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Brush, **£17**, [voya.ie](http://voya.ie)



Australian  
Bodycare Foot  
Cream, **£9.99**,  
[australianbody  
care.co.uk](http://australianbody<br/>care.co.uk)



Good Things Argan Oil Moisture  
Boost Facial Serum, **£7.99**,  
[goodthingsbeauty.com](http://goodthingsbeauty.com)



John Masters Organics  
Relaxing Body Scrub,  
**£16**, [johnmasters.co.uk](http://johnmasters.co.uk)

La Sultane de  
Saba Orange  
Blossom Silk  
Protein Body  
Scrub, **£38**,  
[lasultane  
desaba.co.uk](http://lasultane<br/>desaba.co.uk)



Delarom Slimming  
Perfection Cream, **£39**,  
[urbanretreat.co.uk](http://urbanretreat.co.uk)



Pevonia Stem Cells Intensive  
Cream, **£150**,  
[pevonia.co.uk](http://pevonia.co.uk)



Dr Hauschka  
Night Serum,  
**£39.99**,  
[drhauschka.  
co.uk](http://drhauschka.<br/>co.uk)



Bare Minerals  
Complexion Rescue  
Tinted Hydrating Gel  
Cream, **£26**,  
[bareminerals.co.uk](http://bareminerals.co.uk)

## NEW MUST-HAVES

These gorgeous summer  
buys are hot off the press

Chantecaille HD  
Perfecting  
Bronze, **£62**,  
[uk.spacenk.com](http://uk.spacenk.com)

Chantecaille Lip Chic in Moroccan Rose,  
**£30**, [uk.spacenk.com](http://uk.spacenk.com)

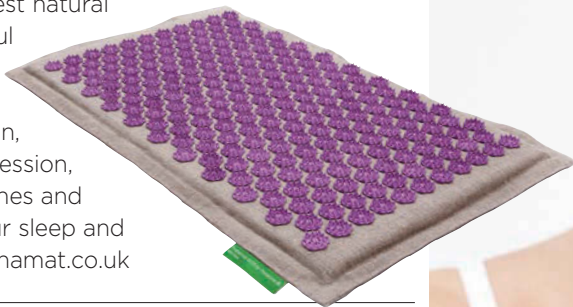


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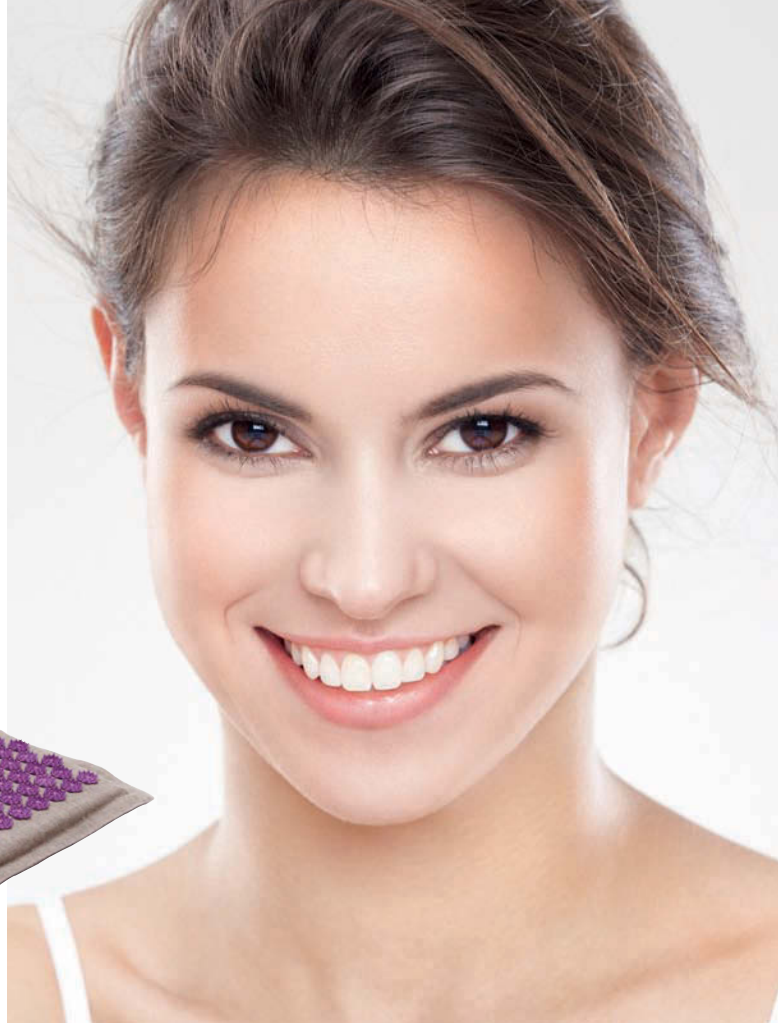
## Nat Origin eye make-up kit, worth £59!

Made using natural and organic ingredients, NATorigin products are specially formulated for women with dry or sensitive eyes, skin, blepharitis and contact lens wearers, and have been approved by Allergy UK. All the products are formulated using a novel production process to reduce the risk of allergy or intolerance. [natorigin.co.uk](http://natorigin.co.uk)



## Collagen+ beauty milk drinks, worth £100!

Top up your collagen with the delicious Collagen+ Beauty Milk Shake. This little beauty costs just £2 and the strawberry flavour is super-tasty! We're giving away £100 worth of bottles to one lucky reader. If you are not that lucky check out Tesco, Ocado, Superdrug or Holland & Barrett. [theprotein drinksco.co.uk](http://theprotein drinksco.co.uk)



## £28 Urban Veda scrub, wash and lotion!

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## £53 of This Works products

Modern natural beauty range This Works is giving three lucky readers the chance to win the iconic sleep plus pillow spray and perfect look skin miracle. This Works sleep plus pillow spray, is the latest natural and sleep remedy for people who experience interrupted or broken sleep and This Works perfect look skin miracle is a miracle-effect, tinted moisturiser that provides instant radiance as well as hydration to the skin – the ideal prize for beauty lovers. [thisworks.com](http://thisworks.com)



## £34 Green People DD cream!

Discover the UK's first certified organic DD cream with plant stem cells, a youth-boosting formula for beautiful sheer coverage. This new-generation tinted Daily Defence (DD) SPF15 moisturiser will protect against sun damage and give flawless coverage, whilst reducing fine lines and wrinkles and increasing cell turnover. Try a sample for just 95p at [greenpeople.co.uk/agedefy](http://greenpeople.co.uk/agedefy)



## A PHB Ethical Beauty skincare kit, worth £100!

PHB Ethical Beauty's Brightening Skin Care Range is the perfect treat to nourish, brighten and restore radiance for normal and combination skin. It's bursting with botanical actives which improve circulation, soften skin and boost radiance for brighter, more evenly-toned skin with a healthy natural glow. Enriched with organic oils, it helps to resist signs of ageing and eliminate dark spots/pigmentation for a clear and even skin tone. [phbethicalbeauty.co.uk](http://phbethicalbeauty.co.uk)



## £59 Liz Earle face, hair and body kit!

Win a fabulous Liz Earle selection! The prize includes: an Eye Pencil – the perfect way to enhance your eyes; Gentle Face Exfoliator – a smoothing trouble-shooter for congested or flaky skin; Botanical Shine Shampoo – gently cleanses without stripping; and Sheer Skin Tint SPF 15 – an award-winning complexion perfecter. [uk.lizearle.com](http://uk.lizearle.com)

## A £24 Trilogy anti-ageing moisturiser!

Formulated with Trilogy's trademarked antioxidant complex Rosapene™, Vital Moisturising Cream delivers all-round hydration and helps protect against free radical damage. Combined with nature's most beneficial botanical actives, including marula, orange flower and evening primrose, Vital Moisturising Cream helps improve skin texture and elasticity while assisting healthy skin repair. It's a master at nourishing all skin types and provides the perfect base for make-up. [trilogyproducts.com](http://trilogyproducts.com)



## An Antipodes skincare selection, worth over £100!

New Zealand beauty brand Antipodes is where science meets nature. The prize includes: Aura Manuka Honey Mask, Reincarnation Pure Facial

Exfoliator, Divine Face Oil, Avocado Pear Night Cream, and Ananda Gentle Antioxidant Toner. [antipodesnature.com](http://antipodesnature.com)

## A year's subscription to Pamper Parcels, worth £500!

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## A Bella Pierre natural make-up hamper, worth £152.99!

Bellapierre Cosmetics' latest launch is a highly-pigmented BB cream with SPF15. With an oil-free formula and only made up of minerals, it naturally covers any imperfections. It's perfect for combination skin, giving full coverage. Bellapierre is giving away a hamper worth £152.99 including three lipsticks, a shimmer stack, a volumizing mascara and a super lipgloss [bellapierre.com](http://bellapierre.com)

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BPS British Psychological Society



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# *Self*

*Simple steps to balance your mind, body and soul*

*If you've been feeling a little blue lately it could be because of a vitamin deficiency. Oregon State University researchers have found that women with low levels of **vitamin D** are more likely to have clinically significant depressive symptoms regardless of the time of year, exercise performed and time spent outside. Also essential for bone health and muscle function, you can top up your D levels with fish, egg yolks, sunlight and supplementation.*



## The latest in MIND HEALTH

*What was the last good book you read?*

If you can't remember, it might be a sign that you need to hit the library pronto. Research has shown that by remembering character's names, their background, sub-plots and past events, you strengthen and stimulate the brain without even knowing it. Every memory you create forges new synapses (brain pathways) and strengthens existing ones, which assists in short-term memory recall as well as stabilizing moods. And if that wasn't enough, getting your nose into a good book also improves your focus as you're forced to concentrate on one thing at a time.



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[calmer-you.com](http://calmer-you.com)

**NH:** How can we stop negative thoughts?

**CB:** Adopt an attitude of non-judgement towards yourself and remember that just because you have a thought, it doesn't make it true. Imagine that those worries float up into a cloud and a big gust of wind blows them out of sight.

**NH:** What about calming anxiety?

**CB:** Seven 11 breathing is great. Breathe in for a fast count of seven and out for 11. This calms the nervous system and takes us out of fight or flight mode.

**NH:** Help us to stop worrying!

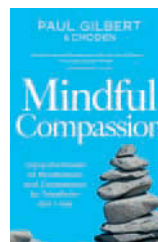
**CB:** Write things down. Once we get worries down on paper, we can often get a clearer perspective on things, while off-loading them. It can help to create a 'worry list' before bed if you find that over-thinking disturbs your sleep.





## TAKE 5

Paul Gilbert and Choden explain how compassion can transform our lives in their book *Mindful Compassion*, £14.23 [amazon.co.uk](http://amazon.co.uk)



### Quotable quotes...

- "Both mindfulness and compassion are vital to the process of growth and transformation."
- "Mindfulness is a skill that involves paying attention to the present moment on purpose and without judgement."
- "Compassion is commonly misunderstood as being only about kindness, or "niceness", and it can be wrongly viewed as being weak or self-indulgent."
- "Understanding the fears and resistances to compassion can arm us with ways of spotting them and not getting caught up with them."
- "Mindfulness is not just a technique, it's a way of being, an orientation that we take to life itself."



"SLOW YOUR BREATHING, SOFTEN YOUR MUSCLES, AND  
THE HORROR MOVIE STOPS RUNNING"  
- THE BAREFOOT DOCTOR P95

## Food for thought

EASE THE SYMPTOMS OF DEPRESSION  
WITH THESE EDIBLE FAVOURITES

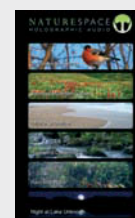
**Fight free radical damage** with beta-carotene (carrots, pumpkin, spinach and sweet potato), vitamin C (blueberries, grapefruit, kiwi, oranges, peppers, potatoes, strawberries, tomato) and vitamin E (nuts and seeds, vegetable oils, wheat germ).

**Boost serotonin (the happy hormone)** with healthy carbs (legumes, wholegrains, fruits and vegetables).

**Include lots of vitamin D.** Try to incorporate fish oils, cheese, egg yolks, and certain mushrooms in your diet.



## MINDFULNESS? THERE'S AN APP FOR THAT

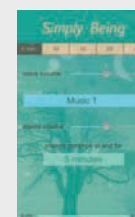


### Naturespace

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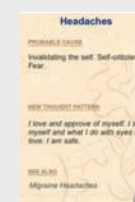
With selections including daybreak songbirds and summer mountain valley, there are no better sounds to bliss out to.



### Simply Being

*Guided Meditation*  
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### Heal Your Body

*A-Z - Louise L Hay,*  
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**Call me an old hippy but one four-letter word** I haven't heard enough of in the run-up to the general election is 'love'.

Love has become an abused word, no longer representing the highest emotion humans feel for each other. Used to describe our attachment to the latest techno wizardry or the kind of distorted relationship we've read about in *Fifty Shades of Grey*, love is rarely used to talk about caring for each other or the planet.

And yet healthy love is the key to healing so many of our social problems, particularly with the young. Without a widely-recognised picture of what healthy love looks like, we have vulnerable schoolgirls believing that seedy taxi drivers feel affection for them while grooming them for sexual exploitation, and boys as young as 10 or 12 learning from online porn that natural intimacy is about abusing women.

So what can we do to change this? Earlier this year I became involved with the shadowy side that tragically runs through our society. Through my role as UK co-ordinator for One Billion Rising, the movement committed to stopping sexual violence against women and children, I became aware of the routes to sexual grooming and abuse of the young.

The UN recognises that one in three women in the world has been sexually abused, which in itself is a horrific number. But to hear of thousands of children and vulnerable young people who have been – and continue to be – abused in so many different ways has pointed me in an ongoing commitment to do everything I can to try and change the way our society operates.

We have to create a cultural shift with communities taking responsibility for the safety of our young. A national



LYNNE FRANKS

*“Healthy love is the key to healing so many of our problems”*

**Women's empowerment guru *Lynne* puts this month's electioneering into perspective**

educational tools to keep young people safe and informed. Self-love is also high on our conversation's agenda and creating skills training and supplying mentors to help build young women's confidence is also part of the package.

I am told that there needs to be a safe centre in every community where young people can come to tell their stories without judgment, knowing they will be listened to and helped. With trust at such a low level with the authorities, I am developing my SEED Community Cafes as such centres, where grandmother circles will mentor young women and men and where they can learn the true meaning of what a healthy relationship can look like.

We as a nation have so much to learn together to protect and nurture our young, which has been sadly ignored amongst the posturing and yelling during this election.

This May we will see a change in the way our country is governed and I for one will be working hard to see that 'love' becomes a four-letter word that is taken seriously.

Join Lynne on her new BLOOM Wellbeing Retreats in partnership with Bespoke Hotels [bespokehotels.com](http://bespokehotels.com); check out her BLOOM Women's Creative Leadership Retreat at [bloomretreats.com](http://bloomretreats.com); and join the SEED Network at [seednetworkingforwomen.com](http://seednetworkingforwomen.com)

conversation at community level has to take place where families, faith leaders, the media, educators, politicians and others can work together on creating a programme where the young are protected and a new positive language of caring is created.

So how do we redefine the meaning of love? I certainly don't have all the answers right now but I am working with two top filmmakers, Dan Nathan and Sophie Molins, on a documentary to show how we feel about love and abuse in society.

I am also talking to politicians, media, grassroots activists and many others to create a collaboration of



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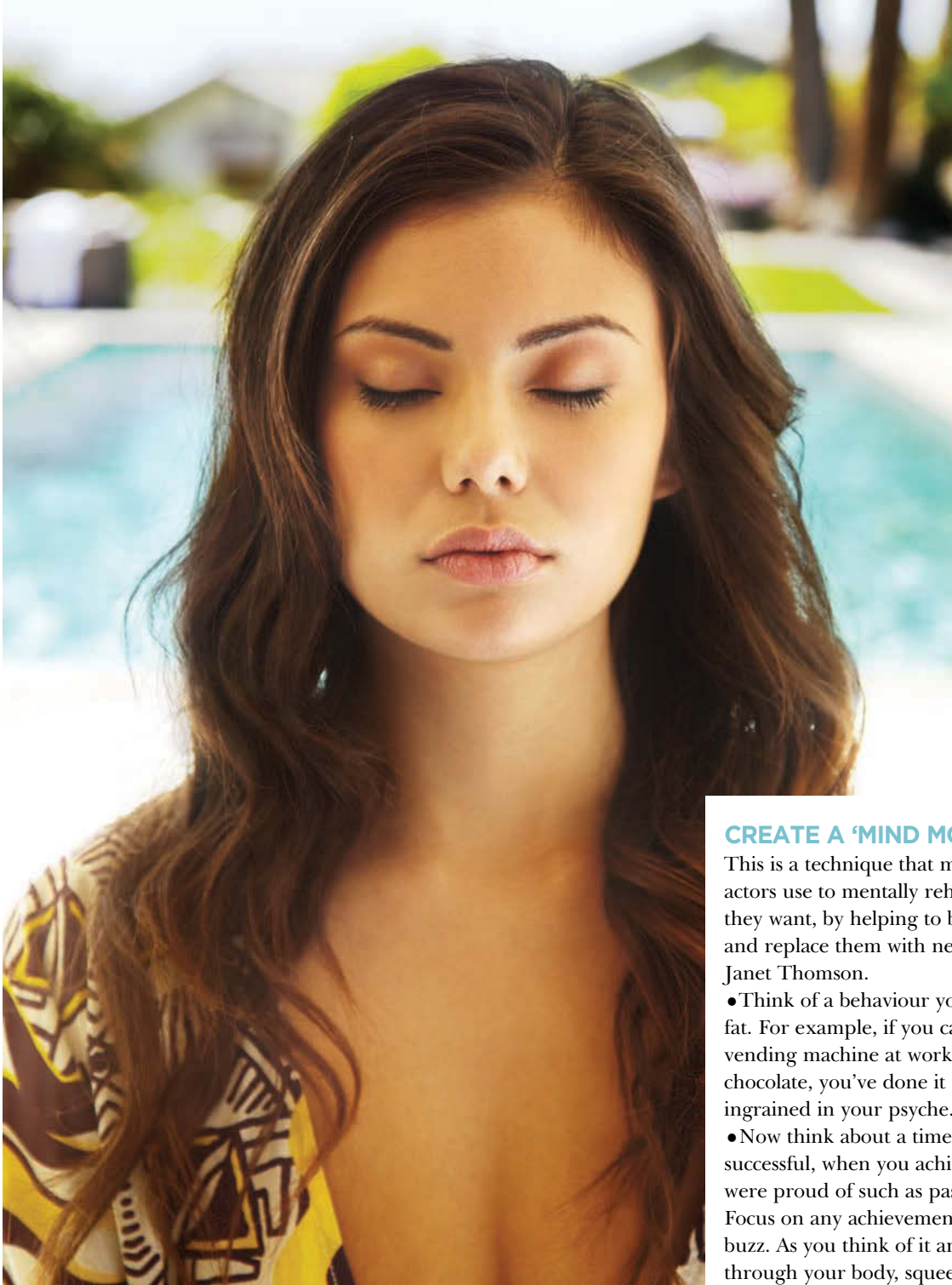
# THINK *yourself* SLIM

Your mind plays a big part in your ability to shed those extra pounds. Try these easy, science-backed ideas to help you reach your weight-loss goals

*We all know that the mind* has a powerful effect on the body but is it possible to actually think yourself slim? The answer is a resounding yes, according to many experts.

This is primarily because thinking positive thoughts creates new neurological pathways, which, in turn, encourages healthier eating habits. "Our mind is an amazing but completely underused tool," says leading hypnotherapist Monica Black ([hampsteadhypnotherapy.com](http://hampsteadhypnotherapy.com)). "With our minds we can change our entire way of being, thinking and doing."

Weightloss life coach Janet Thomson, who runs Power to Change retreats at Champneys ([champneys.com](http://champneys.com)), explains that our brain cells, or neurons, send messages in the form of electrical impulses across the synapses in a certain pattern. "Each thought has its own unique pattern, and the more it's used the more established it becomes." So start thinking yourself slim and before you know it, you will be! Here are a few techniques to help you on your way.



### TRY AFFIRMATIONS

Affirmations are simple words or phrases that you can repeat to yourself whenever you feel that your resolve is slipping. They send positive messages to your body to help you reach your goals.

When you have an urge to eat, you need to take a deep breath and focus on positive, successful feelings. Tell yourself: “I am losing weight now. I am making progress. I love this feeling and I want to stay there”. But remember, your affirmations need to be the present tense as this gives them a great sense of power and immediacy, for example, say “I am losing weight” instead of “I will lose weight”.

### CREATE A ‘MIND MOVIE’

This is a technique that many top athletes and actors use to mentally rehearse the outcome they want, by helping to banish old behaviours and replace them with new ones, explains Janet Thomson.

- Think of a behaviour you have that’s made you fat. For example, if you can’t walk past the vending machine at work without buying chocolate, you’ve done it so many times it’s ingrained in your psyche.
- Now think about a time when you felt really successful, when you achieved something you were proud of such as passing your driving test. Focus on any achievement in life that gave you a buzz. As you think of it and let the feeling run through your body, squeeze your right finger and thumb together to create a physical anchor. Spend a few minutes doing this until the feeling is really strong and you feel amazing.
- Now imagine yourself in your mind’s eye walking past the vending machine without stopping and as you do squeeze your finger and thumb and remember this amazing feeling you were thinking about before. Make sure you imagine it so vividly that you do actually feel amazing.
- Now imagine you press ‘repeat’ in your mind movie, and the same short clip repeats over and over again, and each time you watch it squeeze that finger and thumb and remember the time you felt amazing and recreate that feeling.



• Test it the next time you are near the vending machine; as you walk past squeeze that finger and thumb and remember the time you achieved something that made you feel really good. Your brain will learn that walking past a vending machine without stopping can also make you feel good.

### VISUALISE IT

Visualisations work well when they're combined with the positive action of a ritual, says emotional health expert Kirsten Riddle. "This is because the intention behind the thought is given meaning and energy by doing something physical to reinforce it. This sends a strong message to the universe and gives you a feeling of empowerment." Try the following technique:

Take a large potato and begin to peel it. As you do this think about your body shape and how you would like to change it. Bring to mind before and after images of yourself, so see yourself how you are now, and then how you would like to look. Take in every detail, the shape and tone of your body and imagine how fantastic you will feel when you reach your target.

Continue peeling the potato and when you're done, gather the peeling in both hands. Open the bin, and as you drop in the peelings say "Just like this potato peeled, I shed the layers I no longer need. I am free to be the best I can be." Once again bring to mind the image of yourself looking fabulous and enjoy the feelings of success and confidence.

### EAT CONSCIOUSLY

One way to think yourself slim is to notice when your body tells you that you have had enough food, says celebrity life coach Sloan Sheridan Williams ([sloansw.com](http://sloansw.com)). "This physiological reaction is experienced by everyone but only people who maintain a healthy weight act upon it.

Thinking yourself slim is not just about stopping when you are nearly full but also about starting to eat when you are hungry rather than depriving yourself and waiting until you become ravenous. It is also helpful to really enjoy every bite rather than rushing to eat the food in front of you. This is what therapists refer to as eating consciously."

### PRACTISE MINDFULNESS

This simple meditation technique can help you to achieve your weight loss goals by changing the way you think about experiences. Try the following exercise while you're eating something healthy like a piece of fruit, suggests mindfulness expert Nikki Harman ([innerspaceproject.com](http://innerspaceproject.com)):



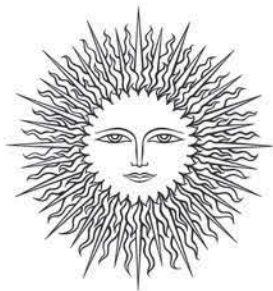
“ With our *minds* we can change our entire way of *being* ”

Use all of your senses to connect with the food, and as you're eating it, visualise it nourishing every cell in your body in the healthiest way possible. It helps the brain make the connection between healthy food and being slim. Really zone in on what you're eating and experience the flavours, textures and colours. Visualise your body as lean and clean and full of light to burn away the stuff you don't want to hold on to any more.

### CONNECT WITH YOUR EMOTIONS

Ask yourself how you feel each time you are about to eat something, and note down the emotional feeling, advises Harley Street hypnotherapist Malminder Gill ([hypnosis-in-london.com](http://hypnosis-in-london.com)).

"At the end of the day, highlight all the emotional feelings. Do you notice a pattern? Think about alternative things you can do when you feel that way. Perhaps you can take long deep breaths to the count of eight for a minute or two. Perhaps you can distract yourself by engaging your mind in another task, reading a book, finally getting around to that face mask!"



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# THE *Barefoot* DOCTOR

“I’m troubled by anxiety. In everything I do, I imagine the worst case scenario and worry that it will happen. Sometimes I’m frightened to leave the house. Please help!”



**First let’s distinguish between fear and anxiety.** Fear is a natural healthy attribute of any animal. It keeps us alive and out of danger. Feeling the raw fear of existence in your belly, breathing freely with it, and continuing boldly forth on

your path regardless is healthy. We’re biologically programmed to be alert for natural dangers: wild animals, earthquakes, human violence and so on. Fortunately these dangers have been mostly mitigated in our technological society so we’ve no reason to feel fear as we go about our daily lives. But this is a very recent phenomenon and the biological programming hasn’t yet adapted. Hence we feel fear but don’t know where to direct it. So we concoct horror movies in the prefrontal cortex and make ourselves afraid of what we’re seeing as if it’s happening. This confectioned fear is anxiety. It makes us contract the solar plexus and pump cortisol, the stress chemical, from the adrenal glands. Although endogenously produced cortisol is as addictive as crack, the hit only lasts about 10 seconds, so we tense the solar plexus and compound things by holding the breath. This fuels the horror movie-making and perpetuates a vicious circle.

But there’s a way to break the pattern. It takes time, patience and application but it’s simple and it’s foolproof.

All the noise, anxiety, stress and static generated by the horror movies goes on in the front of your body and brain.

Because your sense organs all face the front, hence giving the illusion that life goes on exclusively in front of you, and because life is riveting and exacting, it draws you forwards into the front of your body to get a closer handle on things. There you mesh with the noise – you become the anxiety.

Train yourself to remember to keep drawing yourself back so you’re sitting the back of the head instead and you instantly acquire the still, silent, and strong atmosphere of the back. From here you’re able to take command of what goes on in the front. So you slow your breathing down, soften all your muscles and sinews, and the horror movie stops running and all associated noise stops.

Visualise breathing in through all the pores of your skin in the front of the body and face simultaneously as if drawing a wall of air in through your front that pushes you into your back. Then breathe out through the front and let the forward motion of the wall of air thrust you back inside even more. Repeat this three times. Then you ask yourself how you intend reality to unfold – elegantly, safely, rewardingly, and

see an image of you triumphant and victorious.

Keep dropping back, keep seeing the desired state. Follow this daily and within 90 days your anxiety addiction will have dissolved into thin air.

The Barefoot Doctor is a leading tao master who runs live online guided meditations at [barefootsatsang.com](http://barefootsatsang.com)

“  
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is *anxiety*. It makes  
us contract the  
*solar plexus* and  
pump cortisol  
”





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Steven Nicolaides  
- Editor, Lúcumá  
Magazine

*“ This was amazing!  
I slept, dreamt, floated, fell,  
listened and thought. A good ride  
and much needed sleep. ”*

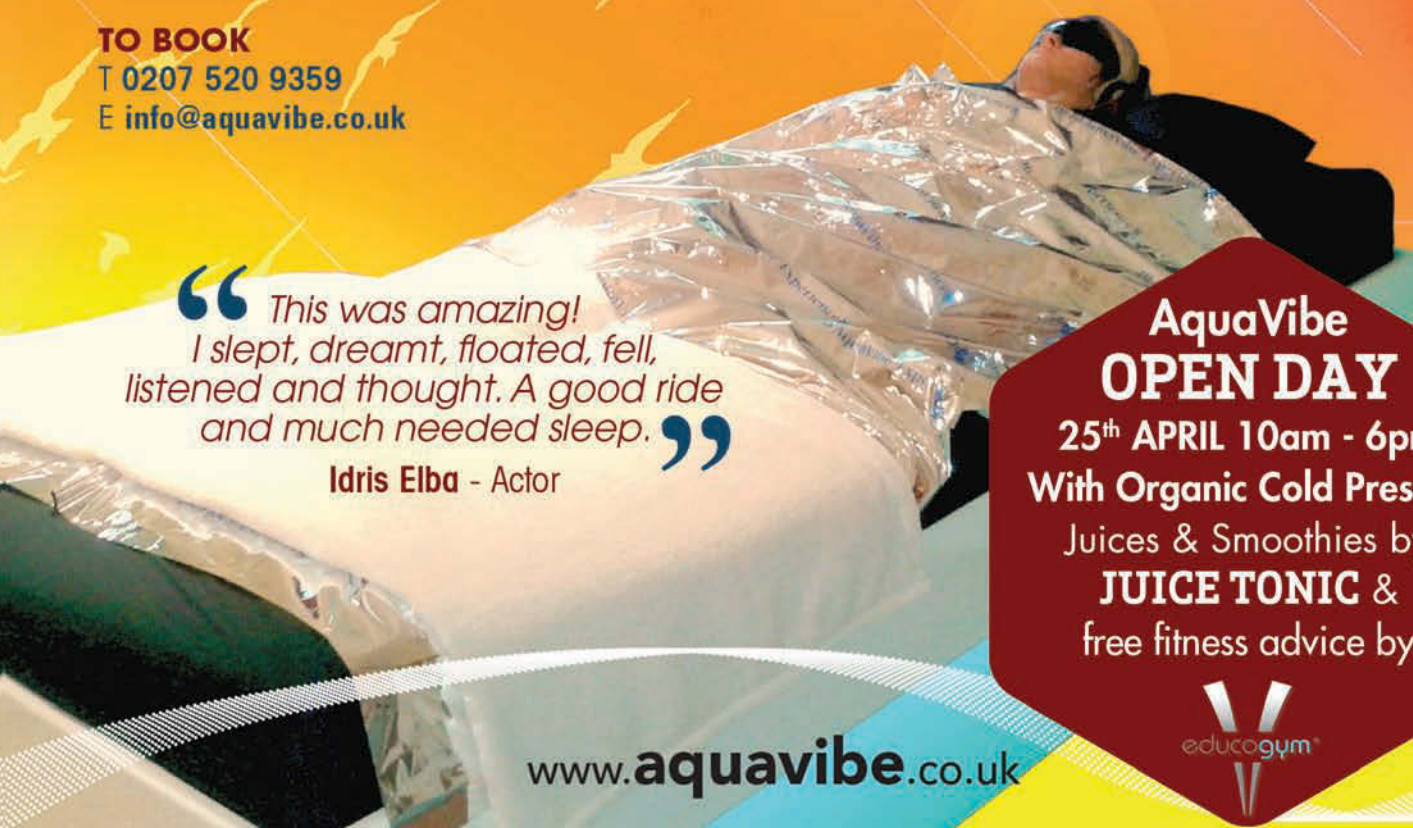
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# THE SIMPLE WAY TO MAKE *Decisions*



Feeling indecisive?  
Mind/body master  
*Graham Doke* has  
the answer

*We have all experienced* having what seem like impossible decisions to make, yet the basic elements of making any decision are actually very simple. Though there are numerous complex theories, and you can even download custom programs to help you make them, it can often be much more helpful to stick to the basics. Here are some rules to de-mystify the decision-making process:

- **REALISE:** Remember that decision-making is only really about predicting any possible future outcomes – there is never really any possibility of certainty.
- **ACCEPT:** There is almost never a ‘right’ or ‘wrong’ decision. All decisions have consequences, and some consequences will be more helpful than others. It is all a matter of degree.
- **DECLUTTER:** Clear the mind of unnecessary facts. Stick strictly to the facts that matter.
- **THINK IT THROUGH:** A good decision is one that is thought through. This means predicting, and considering, all reasonable outcomes.
- **BE AWARE:** Decisions will always be made based on thoughts and emotions. This is why it’s important to be aware of your own emotions, both where they are motivating decisions, and where they are motivating thoughts on which decisions are based. This is crucial.

So how can you ensure you implement and stick to these rules? Well here’s some simple methods that can help you with the decision making process:

- Write it down: Pen and paper, computer, tablet, phone – just make sure you write it down!
- Weigh up the pros and cons of each alternative including predictions for, for example, faster job promotion, more money, more stress. Write both down quickly.

- Go over the lists, and re-arrange the pros and cons in order of importance.
- Mark pros and cons as ‘Know’, ‘Predict’, ‘Want’: ‘Know’ is an outcome you are almost certain of e.g. ‘more money immediately’; ‘Predict’ is a probable outcome if all goes well – nothing is certain in the future e.g. ‘better promotion’; ‘Want’ is something you really do not know, but you desire as an outcome. This helps you to identify the emotional component of the decision.
- Now evaluate. Good techniques are to sleep on it, or to meditate. Do not meditate on the problem, simply meditate. This can allow you to come back to the decision with a fresh outlook.

We need to remember that every decision will always have some element of emotional content. The fact is, this is not a bad thing – provided you identify with your emotions. Emotions are part of the human condition, and we have to be aware of them, accept them, and understand them.

Meditation can be a great tool to help you become emotionally aware as it allows you to take yourself away from all other thoughts and problems, and step outside of yourself. To try it for yourself, download the free Anamaya app which offers more than 350 guided meditations at [anamaya.co](http://anamaya.co)

“  
The basic  
elements of  
making any  
decision are  
actually very  
simple  
”

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So the weather's warming up, you've put away your sweaters and pulled out your shorts — and it's time to pay some serious attention to your skin. Even if you don't plan to strut around in a bikini, you still want your arms, shoulders, back, and legs to look soft and sun-kissed. Luckily, it doesn't take much effort to get your skin into great shape. You don't have to hide your thighs anymore, thanks to the Pranamat ECO massage mat — a simple and effective solution to your cellulite problem!

Many women think that it's impossible to get rid of cellulite naturally at home. But they are wrong! Most popular methods require a lot of time and effort; but taking a holistic approach to get rid of cellulite will definitely help you achieve healthy, smooth skin. Using Pranamat ECO twice a day, for just 15 minutes a time, will restore your skin's microcirculation.

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Cellulite is not simply a cosmetic problem; it is also due to structural changes in the skin's subcutaneous fat layer, which leads to a decrease in lymph and blood flow. The specific structure of the fat cells situated among the collagen fibres means that any damaged cells can't receive enough nutrients and oxygen, due to the slow flow of blood and lymph, and thus toxins are not eliminated, and build up. A massage is one of the most effective ways to get rid of cellulite!

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Adapted from *The New Health Rules* by Frank Lipman and Danielle Claro (£13.29, Artisan).



### SIMMER DOWN

As the weather heats up and the nights get lighter, sleep can be harder to come by. In a recent survey, 30 percent of people claimed that variation in body temperature is their number one reason for a disturbed or uncomfortable night. While we'll all experience night sweats at some point or other, trying some simple adjustments can help you get a better kip:

- Avoid polyester or flannel clothing as these trap heat in, making you hotter and sweatier.
- Don't drink alcohol anywhere near bedtime because it can worsen hot flashes and night sweats – the same applies to spicy foods, which increase your core temperature.
- Try The Fine Bedding Company's new Cool Touch Pillow, which cools using thermodynamic technology. Excess heat is absorbed into a 'core', and only released again once your body temperature is at an optimum level. Clever! Costs from £40, [finebedding.co.uk](http://finebedding.co.uk)



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Tadao Yamaguchi's mother Chiyoko learned Reiki from one of the original teachers, Dr. Chujiro Hayashi (a trained medical doctor and naval officer). In 1999 they founded the Jikiden Reiki Institute with the intention of spreading authentic Japanese Reiki, and Tadao Yamaguchi has been working tirelessly ever since to help people worldwide discover authentic Japanese Reiki as an effective natural healing method.

*"What drew me to Jikiden Reiki was the simplicity of the method passed on unchanged from the original teachings, the quality of the theoretical concepts and the Yamaguchis' experience in successfully treating people year after year."*

A. JAYNE



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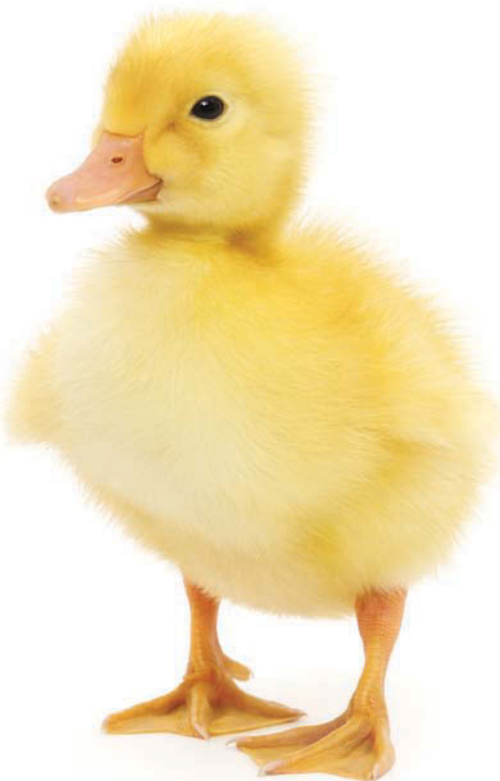


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## DON'T USE YOUR LOAF

If you've been taking your stale bread to the park to feed the ducks in a well-intentioned 'waste not, want not' effort, you've been doing it all wrong, apparently. Ducks should be fed defrosted peas, lettuce or grapes cut in half instead of 'junk food' bread, says the charity The Canal & River Trust. Bread causes algae, disease and attracts rats, says the trust, which is urging the nation to change its duck-feeding habits before it's too late.

Leftover, mouldy bread can cause aspergillosis, a deadly lung infection that can kill wildfowl, and rotting crusts can fuel algae which can wipe out the fish population of the area. Ducklings raised on bread can end up malnourished and unable to forage for food of their own, warns the trust. You don't have to stop your visits completely though – it says oats, barley, rice and vegetable peelings all make acceptable replacements.

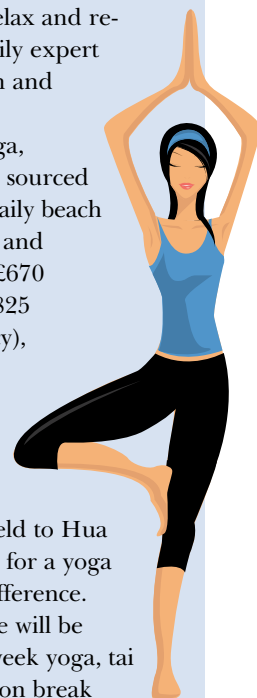


## UPCOMING YOGA RETREATS

1 Ever fancied paddleboard yoga? Yogafest is a brand new seven-day retreat on the Greek island of Skiathos, the perfect way to relax and re-energise with daily expert asana instruction and three days of paddleboard yoga, fresh and locally sourced Greek cuisine, daily beach visits, boat tours and more. 1-8 May, £670 (two sharing), £825 (single occupancy), [theyogafest.com](http://theyogafest.com)

2 Or next month, why not head further afield to Hua Hin in Thailand for a yoga retreat with a difference. Thai Healthy Me will be running a one-week yoga, tai chi and meditation break from 14-20 June. You'll stay at the beach, enjoy daily yoga and meditation classes from Issara Yoga, eat healthy food and a mid-week trip. That same week THM starts Thai health food cooking classes, culture tours and painting holidays in Hua Hin. Costs £480, [thaihealthy.me](http://thaihealthy.me)

3 Failing that, fancy a retreat that's going to whip you into shape? The Fierce Grace Bootcamp is the ideal retreat for outdoor-lovers who also like a bit of indoor luxury and who are looking for fresh air, intensive yoga, calisthenics, swimming and sunbathing. 18-22 June, £690, [fiercegrace.com](http://fiercegrace.com)





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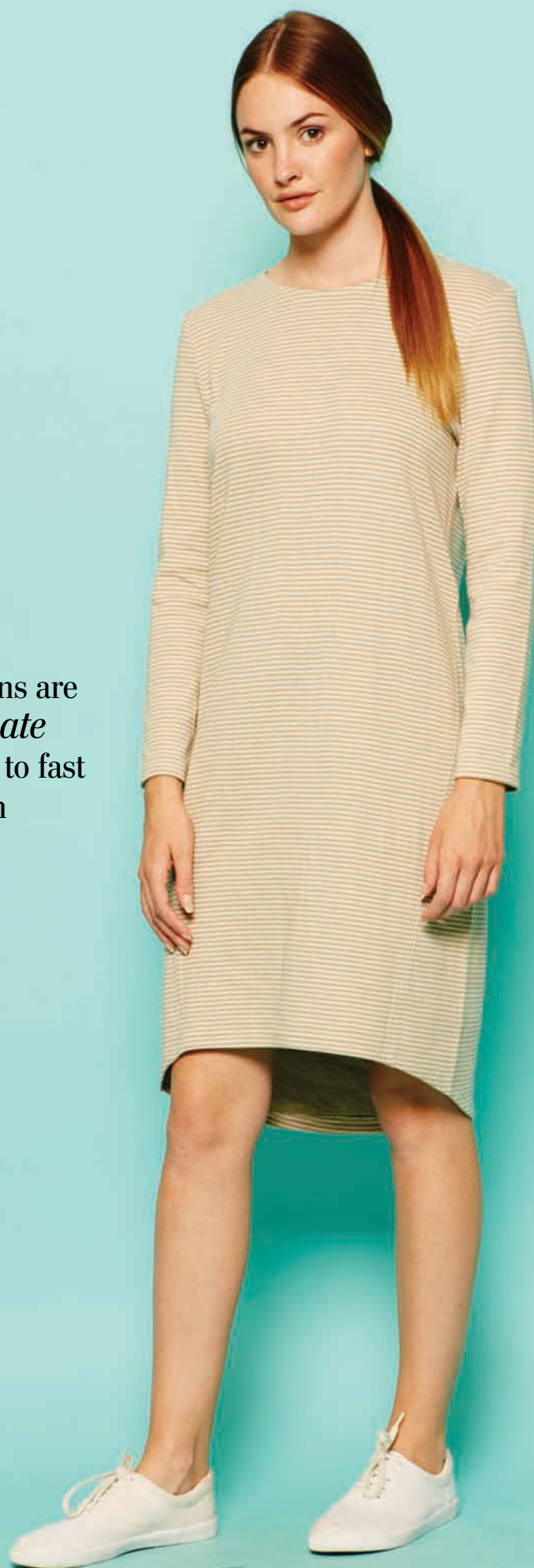


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# IT IS SO EXCITING TO SEE *WOMEN* WALK WITH *CONFIDENCE*

**Safia Minney**, MBE, CEO  
and founder of People Tree  
([peopletree.co.uk](http://peopletree.co.uk)), on the  
power of Fair Trade



**May is a huge month for Fair Trade.** It holds World Fair Trade Day on Saturday 9th, which is celebrated in over 60 countries with over 3,000 events worldwide, and World Fair Trade Week from 24th – to 31st. From Fair Trade fashion shows in Japan to Fair Trade breakfasts, events in Fair Trade shops, 500 strong demonstrations around the Taj Mahal in Delhi to groups of hand knitters running competitions in Kathmandu, Nepal! They are supported by opinion leaders, celebrities and political movements and the media keen to promote social justice and sustainability.

In 1999, I initiated World Fair Trade Day in Japan. People Tree Japan and a charity I run, Global Village, had been campaigning together with a network of Fair Trade shops in Japan, Europe, and around the world – and we realised we needed a global day. In 2001, at a biannual World Fair Trade Organization (WFTO) conference in Arusha, Tanzania, I put forward to WFTO members to endorse World Fair Trade Day and the second Saturday in May became the official annual celebration for Fair Trade globally.

World Fair Trade Day is an inclusive worldwide festival of events celebrating Fair Trade huge contribution in fighting against poverty and exploitation to promoting sustainability and new economics. Fair Trade is incredible at reaching people that conventional trade does not usually reach – the poorest people in the world. Through traditional skills built into People Tree's design process we can lift farmers and artisans out of poverty. It is so exciting to see women walk with

confidence and confidently state their needs where before they would have had no choices and not vocalised their rights.

People Tree has been working hard to produce an exceptional World Fair Trade Day Spring/Summer 2015 capsule collaboration with the talented designers Bora Aksu, Simeon Farrar and the pop artist Bip Ling. It showcases the extraordinary and varied talent of our Fair Trade producers from hand weaving and embellishments to their hand screen print. More about that next month, hope to see you at our event and happy World Fair Trade Day planning!

## JOIN IN

People Tree is celebrating World Fair Trade Day by holding a sample sale where we will donate half our proceeds to our producer projects through our charity the People Tree Foundation. There will also be a talk on Fair Trade as well as nibbles and organic wine. People Tree's sample sale can be found People Tree Offices, 5 Huguenot Place, 17a Heneage Street, London E1 5LN. Thursday 8th, 6pm–9pm, Friday 9th, 5pm–9pm, Saturday 10th, 11am–5pm. Event enquiries [events@peopletree.co.uk](mailto:events@peopletree.co.uk).



# Barefoot & HEALTHY

Could 'earthing' be the key to reconnecting to nature? And could it help us improve our physical and emotional health? *Jini Reddy* sets off to find out

*It seems to me more than a coincidence* that people from indigenous cultures who live close to the land and experience a deep relationship with the earth – one we in the West have largely lost – also spend time walking barefoot.

One sunny January, I set off to the Brecon Beacons National Park in Wales to find out more. It's a beautiful winter's day but it is cold, the land covered in a blanket of snow. Not weather for taking one's shoes and socks off. But that's exactly what I aim to do, egged on by Lynne Allbutt, barefoot guru and the only person to have run shoeless across the width of Wales.

Lynne also happens to be a gardener, a builder of labyrinths, a beekeeping expert and animal communicator – in short a woman worth walking with, shoes on or off. Oh, and she's been named Wales' 'Sexiest Outdoor Worker'.

With my charismatic guide's encouragement, I find myself gingerly treading along snow-covered parkland, my feet alert as they navigate the icy, vibrant, almost velvety carpet underfoot. Does it hurt? Only a tiny bit. Mostly I feel exhilarated.

"There's energy coming in through your head, into your feet, going into the ground and circulating back up again," says Lynne. "When we wear shoes this natural flow gets clogged. It's like there's a communication between us and the earth and walking barefoot amplifies this."

Studies, including one published in the *Journal of Environmental and Public Health* in 2012 have shown that our bodies appear to function more effectively when we spend time in physical contact with the ground.

Electrons, abundant in the earth, are thought to 'mop up' and neutralize the free radicals that our bodies produce and which can lead to inflammation, disease and illness.

"The planet is the battery that keeps your physiology operating optimally. Without that connection the body will eventually lapse into dysfunction and inflammation," says Martin Zucker, a founder of the US-based Earthing Institute and a co-author of the book *Earthing*.

If you spend just 10 minutes a day slipping out of your socks and shoes in your garden or even on a city pavement (concrete is conductive too), enthusiasts say you'll be treating yourself to a bonafide healing session. For those reluctant to expose their feet to the elements, the Earthing Institute has developed special conductive products. "There are mats, bands and patches you can use indoors," says Zucker.

Katrina Mather who runs a retreat centre in Scotland ([thebodytoolkit.com](http://thebodytoolkit.com)) swears by the practice. "I think earthing is fundamental to our health. I've been doing it myself regularly and the chronic back pain that I have had since the age of 15 has completely gone."

Physically it feels really good, I discover as over the weekend, led by Lynne, I experiment on various surfaces: along the winding River Usk, on the edge of the small town of Abergavenny (pebbly, hard, slightly muddy) and to a 'secret' grove beyond the arboretum in Bucklands Hall. We come upon a circle of trees: they are magnificent, in particular a Western red cedar with a wide, twisty trunk.





I climb up onto it and drink in the silence. It's not just my bare feet that feel supported, but all of me. It's as though the earth is saying 'hello' and I am saying 'hello' back.

Weatherwise, it's hardest walking in extremes. "Hot tarmac can be as uncomfortable as cold. But the cold can be exhilarating, thanks to the increased bloodflow to the feet and increased sensitivity," Lynne explains.

And what about snakes in summer, or dog poo? Lynne says it's never happened to her, in four years of walking. "The worst I've experienced are thorns. We tend to be much more attentive when walking shoeless."

"Use common sense as well as intuition; be quiet, and listen. Ask the land if it's happy for you to walk upon it. Carry two foot-sized plastic or waterproof bags as security."

Failing that you can don barefoot shoes – Lynne lets me try a pair of Paleo Paws, cool-looking chain mail footwear which amplify your connection to the earth, but also offer protection. Baring my sole has never been so easy.

“It's as though the earth is saying 'hello' and I am saying 'hello' back”

## FURTHER INFORMATION

Lynne Allbutt's next one-day workshop takes place on the 16th May in and around The Mountain Centre at the Brecon Beacons National Park. The cost is £60 excluding lunch.

For details visit [allbuttshoes.com](http://allbuttshoes.com). You can order Paleo Paws shoes through Lynne. Lynne's autobiography, *Barefoot and Before*, is available on Amazon. Find out more about earthing at [earthinginstitute.net](http://earthinginstitute.net).

*Earthing* by Clinton Ober, Stephen T. Sinatra M.D. and Martin Zucker is available on Amazon.

## Getting there

Return travel from London Paddington to Abergavenny via Newport Gwent, with Virgin Trains starts from £86 [virgintrains.co.uk](http://virgintrains.co.uk).

## Staying there

Rooms at The Guest House ([theguesthouseabergavenny.co.uk](http://theguesthouseabergavenny.co.uk)) start from £40 per person per night on a B&B basis. For further information on Wales, see [visitwales.com](http://visitwales.com).





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# family MATTERS

The latest news and holistic views  
to keep your clan in tip-top shape

## PEER POWER

Children who engage in physical activity with a friend have less negative feelings about exercise than those who are joined or encouraged by family members, the American Heart Association suggests.

## ROOM TO GROW

Environmental elements during the first year of a child's life (including nutrition and health status, family structure, and economic and emotional factors) play a key role in determining their growth and final adult height, says the American Technion Society.

## Learning (not) to share

Do parents share too much about their children on social media? According to the results of a poll by the University of Michigan, more than half of mums and one third of dads discuss child health and parenting on sites like Twitter and Facebook.

## Kids & confidence

'Overvaluing' children may lead them to become narcissistic, according to a study by Ohio State University. Results showed that parents who overvalue their children, perhaps thinking it will boost their self-esteem, ended up with children who scored higher on tests in narcissism later on.

## Amazing Grace

*Janey Lee Grace on female body image – and how dads can help*

'Sisters are doing it for themselves' is a mantra we hear constantly. Women are apparently empowered to choose their work, their relationships and take control of their happiness. Good news for us women and our daughters. And yet it appears that the message that women are OK just as they are still hasn't really made it through to today's savvy woman. Girls and women of all ages have never been more unhappy with their bodies. Children as young as three years of age are worried about their appearance. This is terrible news!

One man believes it's the dads who can help. Dr Aric Sigman, a child health education specialist and author of *The Body Wars* (published by Pitakus) says: "Husbands, partners, fathers and brothers are key to protecting and improving the body image of girls and women in their lives. Men have a very different and much kinder take on female body fat, sex appeal, eating and weight loss. Knowing what men think can actually serve as an antidote to the prevailing assumptions that feed body dissatisfaction."

"When it comes to the world of women's body image, eating disorders and dieting, there has been a distinct lack of male input. It has understandably been dominated almost entirely by women. Most men assume that an otherwise confident woman wouldn't be bothered that deeply by something as superficial as a bit of fat or a patch of cellulite. Many of us just don't get it."

It's time we harness this different perspective and ensure it's put to good use. Partners and fathers take note! Tell every woman and little girl in your life she looks great.

Janey is the author of *Look Great Naturally* and runs the website [imperfectlynatural.com](http://imperfectlynatural.com)





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During your stay you will have full use of all of Ragdale's facilities, including the multi-million-pound Thermal Spa featuring candle pool, indoor and outdoor waterfall and a series of heat experiences, and two further pools, including whirlpool bath and cascade. There is also a fully equipped gym, and a full programme of exercise classes to try, running throughout the day and early evening.

If the outdoors appeals, Ragdale Hall boasts beautiful grounds with tennis courts, croquet, pitch and putt, and even free bike hire.

Ragdale's Midlands location makes it easily accessible, being close to motorway links, and Leicester and Loughborough train stations are just a 15-20 minute taxi ride away.

***For further information about Ragdale Hall's spa days and breaks call 01664 434831 or visit [ragdalehall.co.uk](http://ragdalehall.co.uk)***

T&Cs: The two-night break must commence Sunday to Thursday and is available for over 16s only. Travel is not included in the prize. The prize is valid for six months from the date the winner is notified.



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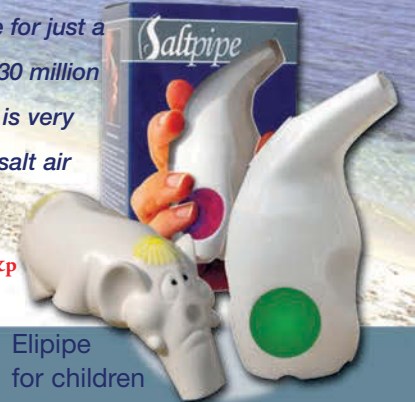
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# This month WE'VE BEEN...



## ...GROWING OUR OWN

Spring has officially sprung at *NH* towers and to celebrate we've started growing our own food again. The days are warmer, the nights lighter, and the seedlings are up and thriving on the windowsill. So far we've got tomatoes for lycopene, chillies for capsaicin and carrots for vitamin A. Why not join us and get sowing for summer if you haven't already? The benefits of gardening are huge... Not to mention how much better everything tastes!

*For advice and information, check out [growfruitandveg.co.uk](http://growfruitandveg.co.uk)*



## ...DOING DIY *Of the beauty products kind, that is!*

We've been trying out recipes from *Herbs for Natural Beauty* by Rosemary Gladstar (£6.07, Storey), like this exfoliator mix to get your skin super-clean!

### MIRACLE GRAINS

- 1 cup oats, finely ground
- 2 cups white clay
- ¼ cup almonds
- ½ cup lavender flowers, finely ground
- ½ cup rose petals, finely ground
- ½ cup rose petals, finely ground

Combine all the ingredients and mix well. For convenience, store a weeks' worth of grains in a container next to the sink, but keep the remainder in the fridge or other cool place to preserve the freshness. A sea shell makes a nice scoop. A spice jar with a shaker top also works well as a handy storage container. To use, mix 1-2 teaspoons of the cleansing grains with enough water to make a paste. Gently massage onto your face. Rinse off with warm water. Follow with face cream for a perfect morning cleanse!

## ...RETURNING TO MEDITATION

Last year we all jumped on the meditation bandwagon, but we have to admit, we've let things slide a bit of late. That was until we read a new piece of research by the University of California which found that it helps reduce age-related brain shrinkage. Keeping your brain younger for longer, and leaving yourself calmer and happier? We'll have some of that!

## ...GETTING SMARTER

We loved the new *Work Smart Juice Pack* from celebrity detox favourites Purifyne. The idea, designed by nutritionist Vicki Edgson, is that you eat normally and have 1-2 of their cold-pressed, nutrient-packed super juices, and add in spirulina, maca, chia or cayenne pepper. The seeds, spices and micro-nutrients help boost cognitive function and keep you on track.

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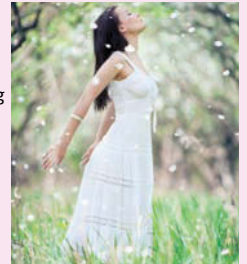
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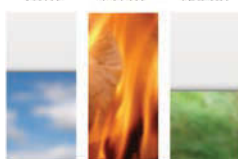
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# Stars

Find out what May has in store for you with *Marjorie Orr*

## TAURUS

*April 21 - May 20*

*You may not always be realistic but you'll certainly be optimistic this month. Take care to be gentle if a family member takes your good nature for granted. You'll insist you are paid what you're owed and no one will short change you, though you'll need to tread warily since certain obligations to others will still need to be honoured.*



### GEMINI *May 21 - Jun 21*

Let others do the running around while you reflect on what has been and plan ahead. Spending money after the 7th on frivolities will cheer you up. From the 12th you'll be chomping at the bit. Your birthday sun in the final 10 days will lift your confidence.

### CANCER *Jun 22 - Jul 23*

You'll be surrounded by friends and looking ahead hopefully. Your charms will attract admirers after the 7th as you bounce back into a revitalised social whirl. There will be times when you feel frustrated at not being able to forge ahead. Just be patient.

### LEO *Jul 24 - Aug 23*

You'll take the lead and others will follow. You'll be entertaining friends and occasionally shocking them just out of mischief. You won't let the grass grow under your feet from mid month.

### VIRGO *Aug 24 - Sept 23*

Think big and set your sights higher. You'll want to travel or inject more adventure into your life and why not? The right people will want to hear your views so don't hold back. You'll be a commanding presence socially.

### LIBRA *Sept 24 - Oct 22*

You'll be chatting enthusiastically. But behind the scenes you will be pushing to sort out confidential matters, financial and emotional. You won't get it all your own way but will need to compromise. Your status will rise and you'll be invited to special functions.

### SCORPIO *Oct 23 - Nov 22*

Close partners will be there when you need them. There will be private matters to discuss and you'll tend to dig in your heels. Luckily your romantic and social life will be light hearted with fun company and a few adventures.

### SAGITTARIUS *Nov 23 - Dec 22*

Hard work will bring rewards especially towards the 6th but you'll need to be persistent. Looking after your health will be important since you'll need to build up your stamina. Close partners will want to hear what you have to say.

### CAPRICORN *Dec 23 - Jan 20*

You'll tend to burn the candle at both ends so keeping fit will be vital. The fun loving Taurus sun until the 21st will bring invitations galore. You'll enjoy being with loved ones and find yourself the centre of attention. From the 12th you'll knuckle down to getting chores done.

### AQUARIUS *Jan 21 - Feb 19*

This is your chance to wind down, giving more attention to loved ones and the family. Your sense of humour will keep everyone entertained. You'll be tempted to eat sweeter and richer food so you'll need to up your exercise.

### PISCES *Feb 20 - Mar 20*

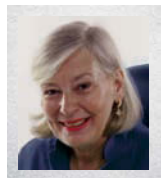
Much rushing around and more contact with neighbours and siblings will keep you on your toes, though you'll also want to slow down at points for heart-to-heart chats with loved ones at home. A social whirl starts on the 7th lasting for several weeks.

### ARIES *Mar 21 - Apr 20*

A pleasure-loving and extravagant Taurus sun in place until the 21st will bring fun. The mood at home will be harmonious after the 7th, though Mars roars into Gemini on the 12th to stay until late June which will speed up your routines at work and elsewhere.

*Marjorie Orr*

is one of the world's leading astrologers, with more than 25 years' experience.



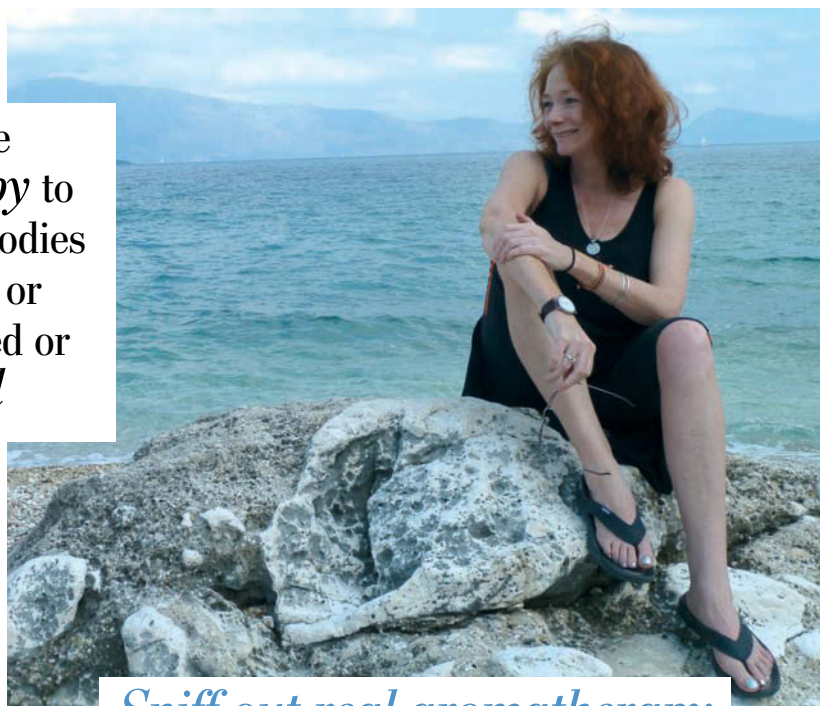
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hungry, relaxed or  
*energised*

”



*Sniff out real aromatherapy*

## JANE ALEXANDER

It's got to be the real deal! The hijacking of pure aromatherapy has got our holistic living devotee's hackles up

*So often when you pick up a beauty product* marked 'natural' or 'organic' you turn over, read the ingredients, and discover it's about as natural and organic as a McDonald's. In particular, I loathe the way the word 'aromatherapy' has been hijacked and now often means little more than 'smells vaguely of lavender'. It's a travesty because aromatherapy, real aromatherapy, is far more than just a nice scent – it has the power to shift your mood, your mind, your body, even your spirit.

I'd forgotten just how much I loved it when, a couple of months ago, I came across Tazeka Aromatherapy ([tazekaaromatherapy.com](http://tazekaaromatherapy.com)) on Twitter. Tazeka is a brand new company founded by clinical aromatherapist Zena Hallam that specialises in roll-on blends of pure organic oils. It was the packaging that first caught my eye – jewel-like bottles that simply beg to be displayed on a dressing table or slipped into your handbag rather than shoved into the bowels of your medicine cabinet. Then I tested them out and I remembered just how powerful aromatherapy can be. I dabbed the 'Concentrate' blend on my temples and powered through more work in a morning than I usually manage in a couple of days. Meanwhile 'Nonstop Thoughts' became a firm friend at bedtime when I often lie awake with my mind fermenting over a gazillion things I need to do. Optimism, Confidence, Motivation, Balance – who doesn't need more of these? Not to mention cunning blends to help you banish PMS, headaches, travel sickness, insomnia and bunged up noses. There's even

'Meditation Guru' to open up your third eye, and 'Slim Solution' to banish the munchies.

Zena explains that one of the reasons aromatherapy is so powerful is because it affects the limbic system of the brain. "The limbic system is behind the way we feel, what we remember, what we want, and why we're motivated to act," she says. "So we can use aromatherapy to influence our bodies to feel sated or hungry, relaxed or energised, confident or shy." Truly, it's modern-day alchemy – quite, quite beguiling.

At the moment, Tazeka is only available mail order from the US but I'm sure it won't be long before canny spas and shops start stocking this stunning range.

In the meantime, there are still plenty of home-grown aromatherapy wonders. Aromatherapy Associates has been a particular favourite for years. Their Support Breathe bath and shower oil (£40; [aromatherapyassociates.com](http://aromatherapyassociates.com)) was a true friend in an hour of need when I recently went down with a serious case of the snuffles.

Treat yourself to a real experience. Find a well-qualified aromatherapist who can tailor treatment specifically to your needs. The International Federation of Aromatherapists ([ifaroma.org](http://ifaroma.org)) holds a register. Not to be sniffed at.

Jane Alexander is the author of *Wellbeing & Mindfulness*, *The Energy Secret*, *The Weekend Healer* and many other wellbeing titles.





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